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# ASSOCIATION ATHLETIC LEAGUE HANDBOOK. 1897.

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# OFFICIAL HANDBOOK

OF THE

# ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

THE ATHLETIC LEAGUE,
40 EAST TWENTY-THIRD STREET
NEW YORK.

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THE ATHLETIC LEAGUE OF YOUNG MEN'S
CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

# CONTENTS.


| | Page |
|---|---|
| Introduction | v |
| Committees of the League | 9 |
| List of Associations in the League | 13 |
| Constitution | 16 |
| By-Laws | 18 |
| Affiliation with Amateur Athletic Union | 32 |
| Rules: | |
| Athletic | 35 |
| Pentathlon | 50 |
| Grading for Other Events | 58 |
| Indoor Test | 70 |
| Exercises for Indoor Test | 76 |
| Marching | 79 |
| Dumb-Bell Drill | 115 |
| Bouncing Board Work | 139 |
| Horse Work | 141 |
| Parallel Bar Work | 154 |
| High Horizontal Bar Work | 155 |
| Low Horizontal Bar Work | 156 |
| Games: | |
| Basket Ball, | 157 |
| Minton | 168 |
| Volley Ball | 174 |
| Entry Blank, | 178 |
| Index, | 179 |

THE object of this Athletic League is to raise a higher standard of conduct in athletic sports, to unify the physical work of the Associations, and to emphasize the regular legitimate class work. In the by-laws will be seen a plan for allowing specialization and records in athletics. The aim of this is to throw emphasis upon the regular class work of the Associations, as men are not to be allowed in these competitions until they have spent the equivalent of a year's solid practice in regular gymnasium class work. On this plan it is believed that they will be far more faithful in their regular work, and will attain the all-round development of their bodies more quickly than they otherwise would; and after they have secured this all-round training they will be in condition to specialize in some branch of athletics with advantage to themselves, thus gaining for the Association an increased *esprit de corps* through the maintenance of an athletic team.

Particular attention is called to the close and friendly relations between this organization and the Amateur Athletic Union, as outlined on page 31. In the athletic rules those of the A. A. U. have been followed as closely as possible, even to the wording.

In the General Secretaries' Conference held at Orange, N. J., in 1889, there was extended discussion regarding the advantages of the formation of an Athletic League among the Associations. Upon vote a committee was appointed to consider the matter, and, if it seemed wise, to proceed at once with the organization of such a league. The committee consisted of Messrs. James McConaughy, George W. Ehler, and George A. Sanford. The committee met, but it became evident very soon that the action

contemplated was beyond the functions of the Secretaries' Conference and belonged to the International Convention and the International Committee, inasmuch as it was of an executive nature. Accordingly the matter was referred with a full report to the International Committee, who considered it favorably, but decided that the time was not then ripe for such a movement, as there had not yet been developed in the Associations the kind of athletic sports which was germane to the Associations and which could well form the basis for such an athletic union. But its sub-committee on physical work was instructed to proceed as rapidly as possible with the preparation of a scheme that might be useful in working out this problem.

The result was a plan of athletics which should build men all round rather than provide competitions in individual events, and a system of marking by which an absolute and not a relative rank or mark could be given, thus giving to athletic games the character of an examination rather than of a contest.

The International Conventions of 1889 and 1891 discussed favorably the formation of an Athletic League. In 1892 the State Committee of Illinois requested the International Committee to take steps in this direction; and the International Convention of 1893 instructed the committee to present a working plan to the next convention.

The whole matter came up for discussion, at the request of the International Committee, at the Physical Directors' Conference, held in Springfield, Mass., in 1894, when some suggestions were made regarding the character of the organization, and the outline of a possible constitution and by-laws was drawn up, with the request that the matter be brought to an issue as soon as possible, as, in the judgment of the conference, the time was ripe for such a movement. In the International Convention held at Springfield, Mass., in May, 1895, the subject was again

fully discussed and a resolution was adopted, without a dissenting voice, commending the efforts of the International Committee "to frame an Athletic League of the Associations to promote, not the interests of mere sport or skill, but the best development of the body, because of the relations the body sustains to the man."

Since that time the matter has been carried forward as rapidly as possible, and reached its first definite step October 3, 1895, in the appointment of a committee which, under the direction of the International Committee, should govern the League. This committee held its first meeting on the following day and has since continued careful oversight of the League.

## OFFICIAL LIST.

### GOVERNING COMMITTEE.

FREDERIC B. PRATT, *Chairman*, Pratt Institute, Brooklyn, N. Y.
C. E. PATTERSON, *Treasurer*, Comptroller's Office, Grand Central Station, New York.
LUTHER GULICK, M.D., *Secretary*, Springfield, Mass.
WM. FELLOWES MORGAN, 4 Bridge Arch, New York.
E. R. COOKE, M.D., 52 East 23d Street, New York.
L. E. BALLARD, 52 East 23d Street, New York.
J.. W. ROSS, Montreal, Canada.
W. H. BALL, Montreal, Canada.
E. H. CUTLER, Springfield, Mass.
J. H. MCCURDY, M.D., Springfield, Mass.
N. S. DAVIS, M.D., Chicago, Ill
GEO. W. EHLER, Chicago, Ill.
F. J. BELL, Dallas, Texas.
C. H. CAREY, Dallas, Texas.

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W. H. BALL, *Secretary*, Montreal, Canada.

### NORTHEASTERN SECTION COMMITTEE.

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A. T. HALSTED, M.D., *Treasurer*, Springfield, Mass.
J. H. MCCURDY, M.D., *Secretary*, Springfield, Mass.
ARTHUR S. JOHNSON, Boston, Mass.

GEORGE L. MEYLAN, M.D., Boston, Mass.
PAUL C. PHILLIPS, M.D., Amherst, Mass.

*Committee for Massachusetts and Rhode Island.*

ARTHUR S. JOHNSON, *Chairman*, 258 Commonwealth Avenue, Boston.
GEORGE L. MEYLAN, M.D., *Secretary*, Boston.
D. A. MACPHIE, 167 Tremont Street, Boston.
G. L. RICHARDS, Malden, Mass.

EASTERN SECTION COMMITTEE.

WM. FELLOWES MORGAN, *Chairman*, 4 Bridge Arch, New York.
E. R. COOKE, M.D., *Secretary*, 52 East 23d Street, New York.
C. W. MCALPIN, 150 Avenue D, New York.
LOUIS WELZMILLER, 318 West 57th Street, New York.

*Committee for the State of New York.*

C. W. MCALPIN, *Chairman*, 150 Avenue D, New York.
LOUIS WELZMILLER, *Secretary*, 318 West 57th Street, New York.
A. H. WHITFORD, Rochester.

CENTRAL SECTION COMMITTEE.

N. S. DAVIS, JR., M.D., *Chairman*, 65 Randolph Street, Chicago, Ill.
GEORGE W. EHLER, *Secretary-Treasurer*, 153 LaSalle Street, Chicago, Ill.
J. M. EWEN, Marquette Building, Chicago, Ill.
A. R. E. WYANT, Morgan Park, Ill.

H. F. KALLENBERG, 153 LaSalle Street, Chicago, Ill.
W. D. YERGER, Provident Life and Trust Company, Cincinnati, O.
G. D. FISHER, Cincinnati, O.
C. A. WALDO, Lafayette, Ind.
H. H. WIKEL, Indianapolis, Ind.
E. X. HASTINGS, 183 16th Street, Milwaukee, Wis.
H. J. CUNNINGHAM, Janesville, Wis.
CLAY H. HOLLISTER, Grand Rapids, Mich.

*Committee for the State of Illinois.*

A. R. E. WYANT, *Chairman*, Morgan Park.
H. F. KALLENBERG, *Secretary*, 153 LaSalle Street, Chicago.

*Committee for the State of Ohio.*

W. D. YERGER, *Chairman*, Provident Life and Trust Company, Cincinnati.
G. D. FISHER, *Secretary*, Cincinnati.
W. E. DAY, Dayton.
W. H. KINNICUTT, Cleveland.

*Committee for the State of Indiana.*

C. A. WALDO, *Chairman*, Lafayette.
H. H. WIKEL, *Secretary*, Indianapolis.
S. E. M. COULTER, South Bend.

*Committee for the State of Wisconsin.*

E. X. HASTINGS, *Chairman*, 183 16th Street, Milwaukee.
H. J. CUNNINGHAM, *Secretary*, Janesville.
E. U. BORRESON, LaCrosse.

*Committee for the State of Michigan.*

CLAY H. HOLLISTER, *Chairman*, Grand Rapids.

*Secretary*,

F. M. THOMPSON, Detroit.

E. S. GRIERSON, Calumet.

C. D. FULLER, Kalamazoo.

## SOUTHWESTERN SECTION COMMITTEE.

F. J. BELL, *Chairman*, Bell & Atwell, Main Street, Dallas, Texas.

ED. S. EBERLY, *Treasurer*, Dallas, Texas.

CHARLES H. CAREY, *Secretary*, Dallas, Texas.

## YOUNG MEN'S CHRISTIAN ASSOCIATIONS IN THE ATHLETIC LEAGUE

### DECEMBER, 1896.

| | | No. of Members. |
|---|---|---|
| Man., | Winnipeg | 310 |
| N. B., | St. John | 674 |
| Ont., | Hamilton | 501 |
| Que., | Montreal | 1,732 |
| Cal., | Redlands | 156 |
| " | Sacramento | 166 |
| Col., | Colorado Springs | 384 |
| " | Pueblo | 425 |
| Conn., | Bridgeport | 771 |
| " | Danbury | 212 |
| " | Norwich | 150 |
| " | Stamford | 405 |
| Del., | Wilmington | 217 |
| Ill., | Chicago, Central | 2,272 |
| " | Hyde Park | 83 |
| " | Chicago West Side Dept. | 480 |
| Ind., | New Albany | 253 |
| " | Terra Haute | 378 |
| Iowa, | Dubuque | 532 |
| Kan., | Wichita | 384 |
| Md., | Baltimore, Central | 1,352 |
| Mass., | Boston | 2,752 |
| " | Brockton | 465 |
| | Chicopee | 135 |
| | Fitchburg | 469 |
| " | Holyoke | 700 |
| " | Lynn | 590 |
| " | Melrose | 340 |
| " | Northampton | 291 |

| | | |
|---|---|---|
| Mass., | Quincy | 286 |
| " | Southbridge | 575 |
| " | Springfield | 888 |
| " | Taunton | 360 |
| Mich., | Grand Rapids | 1,188 |
| Minn., | Duluth | 544 |
| " | Minneapolis | 877 |
| Mo., | St. Louis, Central | 799 |
| " | Sedalia | 216 |
| N. H., | Concord | 521 |
| Neb., | Omaha | 1,105 |
| N. J., | Camden | 404 |
| " | Morristown | 339 |
| " | Newark | 1,121 |
| " | Orange | 587 |
| " | Paterson | 393 |
| " | Plainfield | 446 |
| " | Trenton | 440 |
| N. Y., | Albany | 1,195 |
| " | Auburn | 650 |
| " | Brooklyn, Bedford Branch | 489 |
| " | " Central Branch | 1,434 |
| " | " E. District Branch | 251 |
| " | " 26th Ward Branch | 235 |
| " | " Greenpoint | 217 |
| " | Buffalo | 1,849 |
| " | New York, Harlem Branch | 883 |
| " | " " Railroad Branch | 1,470 |
| " | " " 23d Street Branch | 2,251 |
| " | " " Washington Heights Branch, | 174 |
| " | " " Young Men's Institute | 653 |
| " | Rochester | 2,113 |
| " | Troy, Railroad | 289 |
| Ohio, | Cleveland | 2,353 |
| " | Dayton | 2,480 |
| " | Piqua | 675 |

| | | |
|---|---|---|
| Ohio, | Springfield | 1,035 |
| Oregon, | Salem | 238 |
| Pa., | Bradford | 160 |
| " | Philadelphia, Kensington Branch | 762 |
| " | Sewickley | 315 |
| " | Scranton | 1,347 |
| " | Williamsport | 350 |
| Tenn., | Knoxville | 321 |
| " | Memphis | 720 |
| Texas, | Austin | 405 |
| " | Dallas | 763 |
| " | Galveston | 612 |
| " | Houston | 812 |
| " | San Antonio | 549 |
| Vt., | Rutland | 526 |
| Wis., | La Crosse | 400 |
| " | Milwaukee | 783 |
| | Total, | 58,427 |

# CONSTITUTION

OF THE

# ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

## Article I. Name.

This organization shall be known as "The Athletic League of the Young Men's Christian Associations of North America."

## Article II. Objects.

The objects of the League shall be:

Section 1. The maintenance of a high standard of Christian morality, honesty, courtesy, and manliness in athletic sport.

Sec. 2. The furtherance of Association physical department work.

Sec. 3. The institution, regulation, and government of interassociation gymnastic and athletic meets of all kinds.

Sec. 4. The securing and maintenance of a genuine amateur basis in Association sport.

## Article III. Membership.

Membership in the League shall consist of such Young Men's Christian Associations or branches, entitled to representation in the International Convention, as shall join this League, as provided in the by-laws.

### Article IV. Government.

The direction and control of the League shall be placed in the charge of a Governing Committee appointed an nually by the International Committee of the Young Men's Christian Associations of North America. All the acts of said Governing Committee shall be subject to the approval of the International Committee.

### Article V. Amendments.

No amendments to this constitution may be made without the approval of the International Committee.

## BY-LAWS.

SECTION 1. *Spirit of the League.*

The League endeavors to foster clean sport between gentlemen. The following statements express the spirit to be sought and maintained in such sport. It is the privilege and duty of every committee and person connected with the League to embody these principles in his own actions and to earnestly advocate them before others:

(1) The rules of games are to be regarded as mutual agreements, the spirit or letter of which one should no sooner try to evade or break than one would any other agreement between gentlemen. The stealing of advantage in sport is to be regarded in the same way as stealing of any other kind.

(2) Visiting teams are the honored guests of the home team, and all their mutual relationships are to be governed by the spirit which is understood to guide in such relationships.

(3) No action is to be done nor course of conduct pursued which would seem ungentlemanly or dishonorable if known to one's opponents or the public.

(4) No advantages are to be sought over others except those in which the game is understood to show superiority.

(5) Advantage should not be taken of the laxity of officials in interpreting and enforcing rules.

(6) Officers and opponents are to be regarded and treated as honest in intention. When opponents are evidently not gentlemen, and officers manifestly dishonest or incompetent, future relationships with them may be avoided.

(7) Decisions of officials are to be abided by, even when they seem unfair.

(8) Ungentlemanly or unfair means are not to be used even when they are used by opponents.

(9) Good points in others should be appreciated and suitable recognition given.

SEC. 2. *Sections.*

The following divisions of the territory of this League shall be made, these divisions being known as Sections:

NORTHERN; headquarters at Montreal. Ontario and Quebec.

NORTHEASTERN; headquarters at Springfield, Mass. Nova Scotia, New Brunswick, Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut.

EASTERN; headquarters at New York City. New York, New Jersey, Pennsylvania, Delaware, Maryland, District of Columbia, West Virginia.

CENTRAL; headquarters at Chicago. Ohio, Indiana, Illinois, Missouri, Iowa, Wisconsin, Michigan.

SOUTHERN; headquarters at . Virginia Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi.

WESTERN; headquarters at Denver. Manitoba, Assiniboia, Alberta, Minnesota, North Dakota, South Dakota, Montana, Wyoming, Colorado, New Mexico, Kansas, Nebraska.

SOUTHWESTERN; headquarters at Dallas, Tex. Arkansas, Louisiana, Texas, Indian Territory, Oklahoma Territory.

PACIFIC; headquarters at . British Columbia, Washington, Oregon, Idaho, Nevada, Utah, Arizona, and California.

SEC. 3. *State Divisions.*

Each section shall be subdivided, following the lines of the divisions made by the general State and Provincial Committees of the Associations.

SEC. 4. *Districts.*

Each state division may be divided according to a convenient basis for the operation of small leagues. These divisions shall be known as districts.

SEC. 5. *Committees.*

(1) Section Committees. The direction and control of League matters in each section shall be placed in charge of a Section Committee, appointed annually by the Governing Committee. All the acts of the Section Committee shall be subject to the approval of the Governing Committee.

(2) State Committees. The direction and control of League matters in each state shall be placed in charge of a League State Committee, appointed annually by the Section Committee, subject to the approval of the general State Committee of the Associations. All the acts of the State Committee shall be subject to the approval of the Section Committee.

(3) District Committees. The direction and control of League matters in each district within the state may be placed in charge of a League District Committee, appointed annually by the State Committee. All the acts of the District Committee shall be subject to the approval of the State Committee.

(4) Every committee shall send to the committee which appointed it a complete copy of the minutes of its meetings within ten days after such meeting. No action is authoritative until it is reported.

(5) It shall be the aim of every committee to conserve, as far as possible, the autonomy, authority, and responsibility of the committees which it appoints.

(6) The chairman and secretary of each committee shall be members of the committee which appoints it. They shall have collectively one vote. This shall be cast by the chairman when he is present; otherwise by the secretary.

(7) At least two-thirds, and, whenever practicable, the total membership of every committee shall be active members of local Associations in its territory.

(8) All committees shall be appointed for one year, or until their successors are appointed.

(9) Any committee refusing to act, or acting perversely, may, upon the approval of the Governing Committee, be discharged by the appointing committee, and a new one be appointed to fill out the unexpired term.

(10) No committee shall be held responsible for the financial obligations of any other committee.

(11) No committee shall incur any expense except it has sufficient resources in cash or personal guarantees to cover such expense.

SEC. 6. *Admission to Membership.*

Any Association eligible to active membership will be admitted upon written application (on form provided) to the secretary of the Governing Committee, accompanied by entrance fee and one annual fee.

SEC. 7. *Fees.*

(1) The membership fee shall be ten dollars, payable in advance.

(2) The annual dues shall be five dollars, payable at the beginning of each year of membership.

(3) The membership fee and one annual fee shall accompany the application for membership.

(4) Failure to pay the annual fee on or before one year and one month from the entrance of any Association into the League shall be considered a withdrawal from the

League, and a renewal of membership shall be given only on the basis of new membership.

SEC. 8. *Expulsions, etc.*

(1) Any member of this League violating the constitution or by-laws of the League shall be expelled or suspended from membership by the Governing Committee, and, if expelled, shall not be eligible for renewal of the same for one year.

(2) Any member that may withdraw or be expelled from the League shall return to the proper committee any emblems or trophies that may be in its possession, but have not become its permanent property.

(3) Associations or branches or individuals may be suspended from participation in all or any games, basket ball, football, bowling, etc., for periods not to exceed one year, for ungentlemanly or discourteous conduct or playing.

SEC. 9. *Conditions of Competition.*

(1) Associations must have been members of the League for not less than thirty days to make entry for championship events.

(2) Individuals representing Associations must be amateurs. They must be *bona fide* members of Associations which they represent, and have been such for not less than thirty days preceding the event entered. They must not have represented any other Association or organization for ninety days preceding that time. No member of an Association in the League shall be allowed to represent that Association if he has within one year represented any other affiliated organization, unless the consent of that organization be secured.

(3) No individual who, while a member of an Association in this League, shall participate in public athletic events on Sunday, shall be eligible to compete in League events for one year.

(4) District groups of Associations in the League may invite teams representing bodies not eligible to membership in the League to join them in competition. Such teams may win the competition, but cannot win the Association district championship or trophy. They do not become members of the League.

SEC. 10. *Amateur: Definition.*

(1) An amateur is a person who has never competed in an open competition, or for money, or under a false name, or knowingly with a professional for a prize, or with a professional where gate money is charged; nor has at any time taught, pursued as a means of livelihood or assisted at athletic exercises for money, or for any valuable consideration. But nothing in this definition shall be construed to prohibit the competition between amateurs for medals, cups, or other prizes than money.

To prevent any misunderstanding in reading the above the League draws attention to the following explanations and adjudications:

(A) An athlete has forfeited his right to compete as an amateur, and has thereby become a professional, by —

(*a*) Ever having competed in an open competition; that is, a competition the entries to which are open to all, irrespective as to whether the competitors are amateurs or professionals, and whether such competition be for a prize or not, in any athletic exercises, namely, base ball, rowing, cricket, etc.

(*b*) Ever having competed for money in any athletic exercise.

(*c*) Ever having competed under a false name in any athletic exercise.

(*d*) Ever having knowingly competed with a professional for a prize, or with a professional where gate

money is charged, in any athletic exercise, excepting as qualified in paragraph C, clause *g*.

(*e*) Ever having taught or pursued as a means of livelihood any athletic exercise.

(*f*) Ever having directly or indirectly accepted or received remuneration for engaging in any athletic exercise.

(*g*) Ever having directly or indirectly sold a prize.

(B) An athlete shall forfeit his right to compete as an amateur, and shall thereby become a professional, if he shall —

(*a*) Directly or indirectly receive payment for training or coaching any other person in any athletic exercise.

(*b*) Directly or indirectly receive payment for services personally rendered in teaching any athletic exercise.

(*c*) Directly or indirectly receive payment for services rendered as referee, judge, umpire, scorer, manager, director, or in any other capacity at any professional exhibition or contest of any athletic exercise whatsoever.

NOTE. Nothing herein shall be construed to prohibit the acceptance by any amateur of his necessary travelling expenses incurred as referee, judge, umpire, scorer, or starter, in going to and from the place of any amateur contest.

(*d*) Directly or indirectly run, manage, or direct, for prospective personal profit, any exhibition or contest.

(C) An amateur shall not forfeit his right to compete as an amateur, and shall not become a professional, by —

(*a*) Receiving compensation for services rendered as ticket taker or ticket seller at any contest or exhibition of amateur athletics.

(*b*) Receiving compensation as editor, correspondent, or reporter of or contributor to any sporting, athletic, or other paper or periodical.

(*c*) Running, managing, or directing, for prospective profit, any sporting, athletic, or other paper or periodical.

(*d*) Receiving compensation for services personally rendered as official handicapper, under the direction and authority of any amateur athletic association.

(*e*) Receiving from a club of which he is a member the amount of his expenses necessarily incurred in travelling to and from the place of any amateur contest.

(*f*) Nothing in this rule shall be so construed as to make a man a professional who has played on a college or Association team against a professional team.

(2) Reinstatements, expulsions, and suspensions may be made by the Governing Committee only.

SEC. 11. *Sanctions.*

(1) All games, benefits, entertainments, exhibitions, basket ball games, bowling games, football games, etc., where athletes from more than one organization appear, must be sanctioned by the Governing Committee. This goes into effect March 1, 1897.

(2) Permanent handicappers shall be appointed by the Section Committees, subject to approval by the Governing Committee.

SEC. 12. *Prizes.*

(1) No money prize shall be given.

(2) No individual prize shall be given representing over fifteen dollars in value.

(3) Team championship emblems shall be the property of the Association, not of the men winning them.

SEC. 13. *Athletic Records.*

(1) Records of the best performances in the following list of events will be accepted under the conditions specified at the end of the list:

(A) *Outdoor Events.*

*Runs.*

1. 50 yard run.
2. 75 " "
3. 100 " "
4. 150 " "
5. 200 " "
6. 220 " "
7. 300 " "
8. 440 " "
9. 880 " "
10. 1 mile run.
11. 2 " "
12. 5 " "
13. 120 yard hurdle, 10 flights, 3 ft. 6 in. hurdles.
14. 220 yard hurdle, 10 flights. 2 ft. 6 in. hurdles.

*Jumps.*

15. Standing broad jump.
16. 2 standing broad jumps.
17. 3 " " "
18. Standing high jump.
19. " hop, step, and jump.
20. Running broad jump.
21. " high jump.
22. " hop, step and jump.
23. Pole vault for height.
24. " " " distance.

*Weights.*

25. 12 pound hammer without turn.
26. 12 " " with "
27. 16 " " " "
28. Putting the 12 pound shot.
29. " " 16 " "

*Swimming.*

30. 25 yard race.
31. 50 " "
32. 75 " "
33. 100 " "
34. ¼ mile "
35. ½ " "
36. ¾ " "
37. 1 " "

(B) *Indoor Events.*

*Jumps.*

1. Standing broad jump.
2. " high jump.
3. 2 standing broad jumps.
4. 3 " " "
5. Standing hop, step, and jump.
6. Running high jump.
7. " " dive.
8. " " jump from springboard.
9. " " dive from springboard.
10. " long dive.
11. Fence vault.
12. Running high kick.
13. " hitch and kick.
14. Double kick.
15. Pole vault for height.

*Runs.*

16. ¼ mile run.
17. ½ " "
18. ¾ " "
19. 1 " "
20. Potato race.

*General.*

21. 18 foot rope climb.
22. Putting 12 pound shot.
23. " 16 pound shot.

(2) Records shall be made under the following conditions: Every contestant shall have qualified. This must be done either in the Pentathlon or Indoor Test.

To qualify in the Pentathlon, the athlete must secure a total of 200 points; score at least 50 points in the mile run, and score at least zero in every event.

To qualify in the indoor test, the contestant must secure not less than 65 points (see Indoor Test, rules 13 and 20), and must score at least 15 points in the potato race.

The physical director must send a certified record of the score, with twenty-five cents, to the secretary of the Governing Committee, who shall then register the name and give the contestant a number by which he shall in the future be known in all League athletic games.

(3) The conditions of competition must have been complied with both by the individual and the Association of which the individual is a member. These are: He must be an amateur; must have been a member of that branch not less than thirty days; must not have represented any other affiliated organization within ninety days; must not have represented any other affiliated organization within one year unless that organization shall have given him written release.

The Association must have been a member of this League not less than thirty days (see by-law No. 9.)

(4) All records must be made at games held by Associations within this League, and under the rules of the League. Score will be accepted made at examinations held prior to December 31, 1896, even without sanction. Certified score must be sent to the secretary of the Governing Committee, with ten cents, for every event to be recorded. Blanks will be furnished by the Governing Committee. These records will then be filed and published as the records of that Association. The best in each district shall be the district records; the best in each state, the state records; the best in each section, the section records; the best on record shall be the American record. Indoor running records must specify the number of laps to the mile of the track on which the record was made. No performance which record is of time shall be accepted as the American record or as the section record unless timed by at least three official timekeepers; and no performance which record is of distance or height shall be accepted unless measured by at least three field judges. The Governing Committee shall investigate every performance to which their attention is called, and which is claimed as either the American or section records, and shall be empowered in their discretion to reject any record which shall not be supported by the affidavits of at least six witnesses, including the officials, certifying as to the place, time of day, state of the weather, condition of path or field or floor, force and direction of wind, level or grade of grounds, weight, measurement, and material of implement, and correctness of announced time or distance.

(5) *Individual Championships.* Committees shall make arrangements for championships in their territory in such events and at such times and places as they may deem wise.

(6) *Athletic Team Championships.* In competitions between Associations in outdoor events, the League recognizes that Association as champion whose team scores the greatest number of total points in the following five events, 5 being given to the first in each event, 3 to second, and 1 to third:

1. 100-yard dash.
2. 12-pound hammer throw.
3. Running high jump.
4. Pole vault.
5. Mile run.

District, state, or section certified score must be sent by the secretary of the Governing Committee to the secretary of the committee under whose auspices the games were held. Athletes must all have qualified. Conditions outlined in by-law No. 9 shall all have been complied with.

(7) *All-Round Champions.* The League will recognize district, state, section and American championships in the Pentathlon. The score must have been made at duly sanctioned games held according to the Pentathlon rules of the Governing Committee. Duly certified score must be sent, with twenty-five cents, to the secretary of the Governing Committee, on special blanks which he will furnish. He will issue a suitable certificate, officially signed, to the athlete.

SEC. 14. *Protests.*

All protests against any entered competitor must be made in writing to the games committee or any member thereof before the meeting, or verbally to the referee during the meeting. If possible, the committee or referee shall decide such protests at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to

compete under protest, and the protest shall be decided by the games committee within one week, unless its subject be the amateur standing of the competitor, in which case the games committee must report such protest within forty-eight hours to the secretary of the Governing Committee.

(2) All protests, except in regard to interpretation of rules and amateur standing, shall be decided by the committee or referee to whom they are made as provided.

(3) All protests concerning the interpretation of rules or amateur standing shall be referred to and decided by the Governing Committee.

SEC. 15. *Amendments.*

Amendments to these by-laws may be made by the Governing Committee only.

# ARTICLES OF ALLIANCE
BETWEEN THE
# ATHLETIC LEAGUE OF YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA
AND THE
# AMATEUR ATHLETIC UNION.

## ARTICLE I.

At all meetings of the Amateur Athletic Union the Athletic League of Young Men's Christian Associations shall be entitled to representation by not more than four delegates, or duly elected alternates of such delegates, having collectively one vote.

## ARTICLE II.

From among these delegates one shall be chosen to be a member of the Board of Governors of the Amateur Athletic Union, who shall have voice, vote, and privilege equal to the other members of said Board upon matters coming before it.

## ARTICLE III.

All members of Amateur Athletic Union clubs entering Young Men's Christian Association League games shall be governed by the rules of the Athletic League of Young Men's Christian Associations, but members of Young Men's Christian Associations entering any games given under the rules of the Amateur Athletic Union shall be governed by the rules of the Amateur Athletic Union.

ARTICLE IV.

No member of any Young Men's Christian Association which is enrolled as a member of the Athletic League of Young Men's Christian Associations of North America shall be allowed to compete for any club in the Amateur Athletic Union, provided he has within one year competed for such Young Men's Christian Association, except the consent of the governing body of such Young Men's Christian Association be obtained.

ARTICLE V.

No member of any Amateur Athletic Union club shall be allowed to represent any Young Men's Christian Association in games of any local branch of the Young Men's Christian Association Athletic League, provided he has, within one year, competed for any Amateur Athletic Union club, excepting with the consent of the Board of Governors of the Amateur Athletic Union.

ARTICLE VI.

Each party to this alliance shall respect and enforce the penalties, suspensions, and disqualifications imposed by the other party.

ARTICLE VII.

Only those local Young Men's Christian Associations or branches which are enrolled as bona fide members of the Athletic League of Young Men's Christian Associations shall be entitled to the privileges and protection of this affiliation.

ARTICLE VIII.

These articles of alliance may be terminated by either party upon thirty days' written notice to the other.

For the Amateur Athletic Union,

HARRY MCMILLAN, *President.*

For the Athletic League of the Young Men's Christian Associations of North America.

FREDERIC B. PRATT, *Chairman of the Governing Committee.*

## DELEGATES TO THE AMATEUR ATHLETIC UNION FROM THE ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

CHARLES E. PATTERSON, Comptroller's Office, Grand Central Station, New York City.

PAUL C. PHILLIPS, M.D., Amherst College, Amherst, Mass.

GEORGE W. EHLER, 153 La Salle Street, Chicago, Ill.

LUTHER GULICK, M.D., Member of Governing Board of Amateur Athletic Union, 40 East 23d Street, New York City.

# ATHLETIC RULES
OF THE
# ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

## Rule I. Officials.

All athletic meets, excepting those under Pentathlon rules, shall be under the direction of a —

Committee,
One referee,
One or more inspectors,
Three judges at finish,
Three or more field judges,
Three or more timekeepers,
One starter,
One clerk of the course,
One scorer,
One marshal,
One official announcer.

If deemed necessary, assistants may be provided for the scorer, marshal, and clerk of the course.

## Rule II. The Games Committee.

All athletic games must be under the immediate direction of a committee of this League, or of one of the Associations in this League.

This committee shall have jurisdiction over all matters not assigned by these rules to the officials.

They shall make arrangements for the games, grounds, officials, expenses, advertising, etc.

### Rule III. The Referee.

The referee shall decide all questions relating to the actual conduct of the meeting whose final settlement is not otherwise covered by these rules.

He alone shall have the power to change the order of events as laid down in the official program, and to add to or to alter the announced arrangement of heats in any event. A referee has no authority, after heats have been duly drawn and published in a programme, to transfer a contestant from one heat to another.

When in any but the final heat of a race a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats just as if he had been placed in his trial.

When in a final heat a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

If, during any athletic contest, a competitor conduct himself in a manner unbecoming a gentleman, or offensive to the officials, spectators, or competitors, the referee shall have the power to disqualify him from further competition at the meeting; and if he thinks the offense worthy of additional punishment, shall promptly make a detailed statement of the facts to the Governing Committee.

### Rule IV. The Inspectors.

It shall be the duty of an inspector to stand at such point as the referee may designate; to watch the competition closely, and in case of a claim of foul to report to the referee what he saw of the incident.

Such inspectors are merely assistants to the referee, to whom they shall report, and have no power to make any decisions.

### Rule V. The Judges at Finish

shall determine the order of finishing of contestants, and shall arrange among themselves as to noting the winner, second, third, fourth, etc., as the case may require.

Their decision in this respect shall be without appeal, and in case of disagreement a majority shall govern.

### Rule VI. The Field Judges

shall make an accurate measurement, and keep a tally of all competitors in the high and broad jumps, the pole vault, and the weight competitions.

They shall act as judges of these events, and their decision shall likewise be without appeal. In case of disagreement a majority shall govern.

### Rule VII. The Timekeepers

shall be three in number. They shall individually time all events where time record is required, and determine among themselves and announce the official time of each heat or race.

Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

The *flash* of the pistol shall denote the actual time of starting. If, for any reason, only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted.

Note. — For record, however, the event must be timed by three watches. See by-laws, section 13, paragraph 4.

RULE VIII. THE STARTER

shall have sole jurisdiction over the competitors after the clerk of the course has properly placed them in their positions for the start.

The method of starting shall be by pistol report, except that in time handicap races the word "go" shall be used.

An actual start shall not be effected until the pistol has been *purposely* discharged after the competitors have been warned to get ready.

When any part of the person of a competitor shall touch the ground in front of his mark before the starting signal is given it shall be considered a false start.

Penalties for false starting shall be inflicted by the starter as follows:

In all races up to and including 125 yards, the competitor shall be put back one yard for the first and another yard for the second attempt; in races over 125 yards and including 300 yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt; in races over 1,000 yards and including one mile, five yards for the first and five more for the second attempt; in all races over one mile, ten yards for the first and ten more for the second attempt. In all cases the third false start shall disqualify the offender from that event.

The starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official program, after the clerk of the course has assigned him his place.

RULE IX. THE CLERK OF THE COURSE

shall be provided with the names and the numbers of all entered competitors, and shall notify them to appear at

the starting line before the start in each event in which they are entered.

In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the starter should any competitor attempt to advance himself after the starter has warned them to "get ready;" and in time allowance handicaps shall furnish the starter with the number and time allowance of each actual competitor.

He shall control his assistants, and assign to them their duties.

### Rule X. The Scorer

shall record the order in which each competitor finishes his event, together with the time furnished him by the timekeepers.

He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap.

He shall control his assistants, and assign to them their duties.

### Rule XI. The Marshal

shall have full police charge of the enclosure, and shall prevent any but officials and actual competitors from entering or remaining therein.

He shall control his assistants, and assign to them their duties.

### Rule XII. The Official Announcer

shall receive from the scorer and field judges the result of each event, and announce the same by voice or by means of a bulletin board.

### Rule XIII. Competitors

shall report to the clerk of the course immediately upon their arrival at the place of meeting, and shall be

provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the clerk of the course.

Under no condition shall any attendants be allowed to accompany competitors at the start or during any competition, except in match races where special agreement may be made.

### Rule XIV. Track Measurement.

All distances run or walked shall be measured upon a ine eighteen inches outward from the inner edge of the track, except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finishing line.

### Rule XV. The Course.

Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he shall not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straight in any race, each competitor must keep a straight course to the finish line, and not cross, either to the outside or the inside, in front of any of his opponents.

In all championship races, at any distance under and including 220 yards, each competitor shall have a separate course, properly roped, staked, and measured, whether the race be run on a straight path or around one or more curves.

The referee shall disqualify from that event any competitor who wilfully pushes against, impedes, crosses the course of, or in any way interferes with, another competitor.

The referee shall disqualify from further participation in the games any contestant competing in order to lose, to coach, or to in any way impede the chances of another competitor either in a trial or final contest.

### Rule XVI. The Finish

of the course shall be represented by a line between two finishing posts, drawn across and at right angles to the sides of the track, and three feet above which line shall be placed a tape attached at either end to the finishing posts. A finish shall be counted when any part of the winner's body, except his hands or arms, shall touch the tape at the finish line. The tape is to be considered the finishing line for the winner, but the order of finishing across the track line shall determine the positions of the other competitors.

### Rule XVII. Hurdles.

In the 120 yards hurdle race ten hurdles shall be used, each hurdle being three feet six inches high. They shall be placed ten yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line. In the 220 yards hurdle race ten hurdles shall be used, each hurdle to be two feet six inches high. They shall be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards before the finishing line.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position.

In all championship hurdle races each competitor shall have separate hurdles and a separate course marked out and measured independently, whether races are run straightaway or with turns.

## Rule XVIII. Ties.

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows:

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

In case of a tie in a scratch contest at high jumping or vaulting, the tieing competitors shall have three additional trials at the height last tried, and, if still undecided, the bar shall be lowered to the height next below, and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in a scratch contest at any game decided by distance, each of the tieing competitors shall have three additional trials, and the award shall be made in accordance with the distances cleared in these additional trials. In case of a second tie three more trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in any track events, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the referee.

## Rule XIX. Order of Competition.

In all scratch events the competitors shall take their trials in the order of their names as printed in the program.

In all handicap events the competitor having the greatest allowance shall make the first trial, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.

## Rule XX. Jumping.

Section 1. A fair jump shall be one that is made without the assistance of weights, diving, somersaults, or hand springs of any kind.

Sec. 2. *The Running High Jump.* The stick shall be started as nearly as possible to three feet six inches from the ground, and shall be raised thereafter two inches at a time. Displacing the bar is a failure. Each contestant shall be allowed but ten jumps. No contestant shall be allowed more than three jumps at any height. Contestants shall jump in regular order, as called for by the judge. A contestant may omit his jump at any height, but cannot in any case try a height after once having passed it. The jump shall be made over a square bar. Two balks shall count as one failure, and thus be one of the ten jumps called for. It is a balk if the contestant crosses a line six feet from and parallel with the posts. The jump shall be made over a bar resting on pins projecting not more than three inches from the uprights. When this bar is removed from its place it shall be counted as a failure.

Sec. 3. *The Standing High Jump.* The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear from the ground or slide it along the ground in any direction. The bar shall be started at two feet nine inches, and shall be raised thereafter one inch at a time. With these exceptions the rules governing the Running High Jump shall also govern the Standing High Jump.

Sec. 4. *The Running Broad Jump.* When jumped on earth a joist five inches wide shall be sunk flush with it. The outer edge of this joist shall be called the scratch

line, and the measurement of all jumps shall be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor. In front of the scratch line the ground shall be removed to the depth of three and the width of twelve inches outward. A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it, or runs over the line without jumping, and shall count as a trial jump without result. Each competitor shall have three trial jumps, and the best three shall each have three more trial jumps. The competition shall be decided by the best of all the trial jumps of the competitors. The distance of the run before the scratch line shall be unlimited.

SEC. 5. *The Pole Vault.* Poles shall be furnished by the club giving the games, but contestants may use their private poles if they so desire, and no contestant shall be allowed to use any of these private poles except by the consent of its owner. The poles shall be unlimited as to size and weight, but shall have no assisting devices, except that they may be wound or wrapped with any substance for the purpose of affording a firmer grasp, and may have one prong at the lower end. No competitor shall during his vault raise the hand which was uppermost when he left the ground to a higher point of the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand. Any competitor who uses a pole without a spike shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole. The stick shall be started at six feet, and shall be raised thereafter four inches each time. In pole vaulting indoors the run shall be limited to thirty-one feet. With these additions, the rules governing the Running High Jump shall also govern the Pole Vault for height, and the rules governing the

Running Broad Jump shall also govern the Pole Vault for distance.

SEC. 6. *The Standing Broad Jump.* The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, or slide it along the ground in any direction. In all other respects the rule governing the Running Broad Jump shall also govern the Standing Broad Jump.

SEC. 7. *The Three Standing Broad Jumps.* The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. In all other respects the rules governing the Standing Broad Jump shall also govern the Three Standing Broad Jumps.

SEC. 8. *The Two Standing Broad Jumps.* The rules as outlined for three jumps shall govern, except that the individual shall take but two jumps.

SEC. 9. *Standing Hop, Step, and Jump.* The contestant shall stand upon one foot; shall spring therefrom, alighting upon the same. He shall then take a step and then a jump. With this exception, the rule for the Three Broad Jumps shall apply.

SEC. 10. *Running Hop, Step, and Jump.* The competitor shall first land upon the same foot with which he shall have taken off. The reverse foot shall be used for the second landing, and both feet shall be used for the third landing. In all other respects the rules governing the Running Broad Jump shall also govern the Running Hop, Step, and Jump.

SEC. 11. *Running High Dive.* The contestant shall

spring from the floor, pass head foremost over the stick. He may land on the floor or be caught by an assistant.

SEC. 12. *Running High Jump from Springboard.* The highest point of the springboard shall not be more than twenty inches from the floor. In all other respects the rules governing the Running High Jump shall count.

SEC. 13. *Running High Dive from Springboard.* With the springboard as specified under Running High Jump from springboard. In other respects the rules for the Running High Dive shall apply.

SEC. 14. *Running Long Dive.* The contestant, in alighting, shall strike his hands first, and shall then do a forward roll. In all other respects the rules for the Running Broad Jump shall guide.

## RULE XXI. PUTTING THE SHOT.

The shot shall be a solid sphere, made of metal.

It shall be put with one hand, and in making the attempt it shall be above and not behind the shoulder.

The competitor shall stand in a circle seven feet in diameter, and this circle shall be divided into two halves by a line drawn through its centre. In the middle of the circumference of the front half shall be placed a stop-board four feet long, four inches high, and firmly fastened to the ground. In making his puts, the feet of the competitor may rest against but not on the top of this board.

A fair put shall be one in which no part of the person of the competitor touches the top of the stop-board or the ground outside the circle, and the competitor leaves the circle by its rear half. A put shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the put is measured.

The measurement of each put shall be from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the centre of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trial puts without result.

A board similar to the one in front may be used at the back of the circle.

The order of competing and number of trials shall be the same as for the Running Broad Jump. Shots shall be furnished by the games committee. Any contestant may use his private shot, if correct in weight and shape, in which case the other contestants must also be allowed to use it if they wish.

### Rule XXII. Throwing the Hammers with Turn.

Section 1. The head and handle may be of any size, shape and material, provided that the length of the complete implement shall not be more than four feet and its weight not less than twelve and sixteen pounds.

The competitor may assume any position he chooses, and use either one or both hands.

All throws shall be made from a circle seven feet in diameter, and this circle shall be divided into two halves by a line drawn through its centre.

A fair throw shall be one in which no part of the person of the competitor touches the ground outside the circle, and the competitor leaves the circle by its rear half. A throw shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the throw is measured.

Foul throws and letting go of the hammer in an attempt shall count as trial throws.

The measurement of each throw shall be from the nearest mark made by the fall of the head of the hammer to the circumference of the circle, on a line from the mark made by the head of the hammer to the centre of the circle.

The number of trials and methods of decision shall be the same as in the Running Broad Jump.

Hammers shall be furnished by the games committee. Any contestant may use his private hammer, if correct in weight and length, in which case the other contestants must also be allowed to use it if they wish.

SEC. 2. *Throwing the Hammer Without Turn.* The throw shall be made under all the conditions outlined in Throwing the Hammer with Turn, except that: The body of the contestant shall not make more than half a turn during the preliminary swings or the throw itself.

## RULE XXIII. SWIMMING.

SECTION 1. Officials shall consist of one referee, three judges at the finish, three timekeepers, one starter, one clerk of the course, with assistants, if necessary.

SEC. 2. Duties and powers of these officials shall be the same as is prescribed for them in the foregoing Rules.

SEC. 3. Competitors may start from the shore or from the water. If from the shore, each competitor shall stand with one or both feet on the starting line, and, when the signal is given, shall plunge. Stepping back either before or after the signal will not be allowed. If from the water (tread water start), he shall start from an imaginary line.

SEC. 4. Each competitor shall keep a straight course, parallel with the courses of the other competitors, from his starting station to the opposite point in the finish line. Competitors will be started ten feet apart, and each one is entitled to a straight lane of water, ten feet wide, from start to finish. Any contestant who, when out of his own water, shall touch another competitor, is liable to disqualification from that event, subject to the discretion of the referee.

SEC. 5. Each competitor shall have finished the race when any part of his person reaches the finish line.

SEC. 6. In swimming in a tank, all records shall specify the number of turns in covering the distance.

## Rule XXIV. Rope Climbing.

Section 1. The rope, measured from the floor to a tambourine or bell fastened above, shall be eighteen feet.

Sec. 2. The start shall be by a pistol shot, and the time taken when the contestant strikes the bell or tambourine.

Sec. 3. Each contestant shall sit on the floor, with legs extended in front, and shall not touch the floor with any part of his person after the pistol shot.

Sec. 4. Each contestant shall be allowed but one trial.

## Rule XXV. Vaulting.

*Fence Vault.* A mattress shall be suspended from the bar. The contestant shall stand on the floor. In making the spring, his heels shall leave the floor but once. There must be no stop in the motion of the trunk until the floor is reached. No part of the person must touch the suspended mattress. No part of the person, excepting the hands, shall touch the bar.

## Rule XXVI. Kicking.

Section 1. *Running High Kick.* The contestant must spring from the floor, and his foot must kick the tambourine.

Sec. 2. *Running Hitch and Kick.* The contestant must kick the tambourine with the same foot from which the spring is made. He must alight upon the same foot, and make at least two complete hops before touching anything with any other part of his person.

Sec. 3. *Double Kick.* Should be done the same as the High Kick, excepting that both feet must touch the tambourine during the same kick.

# PENTATHLON RULES.

*Luther Gulick, M.D.*

## I. Events.

The events shall be the 100 yard run, throwing a 12 pound hammer, running high jump, pole vaulting for height, and 1 mile run.

## II. Officers.

The meeting shall be under the direction of a referee, clerk of the course, judge of jumping, judge of pole vaulting, judge of hammer throwing, judge of 100 yard run, judge of mile run, not less than three timers, one starter, one scorer, a marshal, and an official reporter.

There shall be as many assistants to these officers as the referee may determine and appoint.

## III. Duties of Officers.

Section 1. *The Referee* shall have general direction of the games, and shall have final authority in all questions of dispute. He shall also appoint as many assistants to any officer as in his judgment are required. Ordinarily there should be one assistant to each of the judges of jumping, vaulting, and hammer throwing for every ten contestants, and as many assistants in the dash as there are men to be run in a heat.

Sec. 2. *The Clerk of the Course* shall furnish a number to each competitor by which he shall be known. He shall form the contestants into groups of not more than ten, and shall place in charge of each group an assistant. It shall be the duty of this assistant to see that the men

under his care go through all the work without undue delay between events. He shall keep each contestant absolutely within his group.

SEC. 3. *The Judge for each event* shall have, under the referee, full charge in his department. He shall be responsible to see that all men put in his care are carried through the event fairly and as expeditiously as possible. Upon the completion of any event by a contestant the judge shall at once give his number to the assistant clerk in whose charge he is, and also give his number and score to the scorer.

SEC. 4. *The Starter* shall control the competitors at the mark. No appeal shall be made from his decisions as to whether a start was made before the pistol report or not. In the 100 yard dash a false start shall put the runner back one yard, a second false start an additional yard, and a third false start shall disqualify the runner for that event.

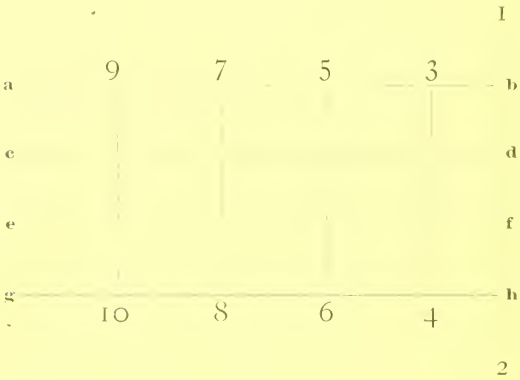
SEC. 5. *The Judge in Hammer Throwing* shall measure each throw and record the same with the name of the competitor who made it. He shall be judge as to whether the hammer was thrown in accord with the rules, and shall report to the scorer the best record made by each contestant as soon as possible after the close of the event.

SEC. 6. *The Judge of Running High Jump* shall measure the best jump of each contestant, shall judge as to the fairness of any jump, shall keep record of and report to the scorer the best fair jump of each contestant promptly at the close of the event.

SEC. 7. *The Judge of Pole Vaulting* for height shall have the same duties for this event as the judge for running high jump. See section 6.

SEC. 8. *Judge of Run.* The timers shall give to the judge the time made by the leading man of each heat. As the leading man of each heat crosses the tape the

judge shall fire a pistol. In cases where it is of great importance that there be no misfire, it is recommended that the judge use two pistols, one with each hand. There shall be an assistant for each man in the heat. It shall be his duty to mark, as accurately as possible, the exact location of his man when the pistol is fired. He shall hold this mark till it has been taken by the judge. The track shall be marked as follows :




The line 1-2 is the finish.

The lines a-b, c-d, e-f, g-h form the lanes in which the contestants are to run.

The line 3-4 is drawn three feet from the line 1-2; the lines 5-6, 7-8, 9-10 are drawn at regular intervals of six feet.

Each contestant shall have as many fifths of a second added to the score of the leading man as there are transverse lines between them when the finish pistol is fired. When a man is on a line it is to count as one-half a fifth, equivalent to five points. If a man were on the line 5-6 when the pistol was fired, and the time given was eleven seconds, there is one line between the two men; this adds

one-fifth second; being on the line adds one-tenth more, making eleven and three-tenths seconds. If he had been just behind this line the score would have been eleven and two-fifths seconds, or if just in front, eleven and one-fifth seconds.

SEC. 9. *Timers.* Not less than three watches shall be held on the leading man in each heat.

SEC. 10. *The Scorer* shall keep a complete list of competitors and credit each man with his performance, as reported to him by the judges or timers of that event. He shall also reduce the records of the performance in the different events by each individual to the standard table, and shall record the number of points made in each event by each man. A man passing the upper limit in any event shall be credited proportionately. No mark less than zero shall be given, even in case the record falls below the measure indicated for zero.

SEC. 11. *The Reporter* shall keep upon a blackboard, suitably prepared, the number of points made by each man; shall make announcements to the spectators, and, as far as possible, keep them intelligently informed of the contest and its progress.

SEC. 12. *The Marshal* shall have full police charge, and see that spectators are kept in the place assigned to them.

## IV. RECORDS.

Records shall be accepted only for the five stated events. Any may be omitted, however, the contestant receiving zero in each such event.

## V. NUMBERS.

Each competitor shall receive from the clerk of the course, and shall fasten upon his person in a conspicuous place, a number by which he shall be known in that competition.

## VI. Running.

In races on straight tracks competitors shall keep their own positions on the track from start to finish.

## VII. Running High Jump and Pole Vaulting.

The stick shall be started as nearly as possible to three feet and six inches from the ground in the high jump and five feet and ten inches in the pole vault. It shall be raised thereafter two inches at a time in the high jump and four inches in the pole vault. Displacing the bar is a failure. Each contestant shall be allowed but ten jumps, and not more than three jumps at any one height. The best one shall be counted. Contestants shall jump in regular order as called for by the judge. A contestant may omit his jump at any height, but he cannot in any case try a height after once having "passed" it. The jump shall be made over a square bar. Two balks shall count as one failure, and thus be one of the ten jumps called for. It is a balk if the contestant crosses a line six feet from and parallel with the posts. The "dive" is not allowed. There shall be one set of jump standards for every ten contestants. The pole vault standards may have any support in which to stick the pole. It must, however, be no higher than the surface of the ground. Private poles may be used, but only by owners or with their permission.

## VIII. Throwing the Hammer.

The hammer shall not be more than four feet in length, and shall weigh not less than twelve pounds. Fulfilling these conditions, it may be of any size, shape, or material. The hammer shall be thrown from a circle having a radius of three and one-half feet. But three attempts shall be allowed. An attempt is as follows: When the

competitor takes his place inside the circle with the hammer, then lets go of the hammer and the head strikes outside of this circle, it is a try. The distance shall be measured from the nearest break in the ground caused by the hammer head to the nearest point in the circumference of the circle. A foul shall count as an attempt, but shall not be measured. A foul is as follows: When a contestant has thrown the hammer, and any portion of his person touches the ground outside the line of the half circle in the direction of the throw before the distance has been measured. No "turn" is allowed. Private hammers may be used, but only by the owners or with their permission.

## IX. Rank.

Every contestant scoring a total of two hundred points or over shall be entitled to bronze or third grade, with medal having bronze bar and silver pendant. Three hundred points constitute the lower limit of the silver or second grade, with medal having silver bar and pendant, and also official certificate. Four hundred points entitle contestant to gold, or first grade, with medal having gold bar and silver pendant, and also official certificate.

## X. Order.

The events shall begin with the dash and end with the mile run. The high jump and hammer throw shall precede the pole vault.

## XI. Further Arrangements.

Further arrangements shall be made by the referee.

# SCORING TABLE.

| Rank | 100-yd. Run. | 12-lb. Hammer. | Running High Jump. | Pole Vault. | 1-mile Run. | Rank |
|---|---|---|---|---|---|---|
| | sec. | ft. in. | ft. in. | ft. in. | min. sec. | |
| 0 | 12 2-5 | 50 | 3 6 | 5 10 | 6 40 | 0 |
| 1 | | 50 6 | 3 6 1-4 | 5 10 1-2 | 6 39 | 1 |
| 2 | | 51 | 3 6 1-2 | 5 11 | 6 38 | 2 |
| 3 | | 51 6 | 3 6 3-4 | 5 11 1-2 | 6 37 | 3 |
| 4 | | 52 | 3 7 | 6 | 6 36 | 4 |
| 5 | | 52 6 | 3 7 1-4 | 6 0 1-2 | 6 35 | 5 |
| 6 | | 53 | 3 7 1-2 | 6 1 | 6 34 | 6 |
| 7 | | 53 6 | 3 7 3-4 | 6 1 1-2 | 6 33 | 7 |
| 8 | | 54 | 3 8 | 6 2 | 6 32 | 8 |
| 9 | | 54 6 | 3 8 1-4 | 6 2 1-2 | 6 31 | 9 |
| 10 | 12 1-5 | 55 | 3 8 1-2 | 6 3 | 6 30 | 10 |
| 11 | | 55 6 | 3 8 3-4 | 6 3 1-2 | 6 29 | 11 |
| 12 | | 56 | 3 9 | 6 4 | 6 28 | 12 |
| 13 | | 56 6 | 3 9 1-4 | 6 4 1-2 | 6 27 | 13 |
| 14 | | 57 | 3 9 1-2 | 6 5 | 6 26 | 14 |
| 15 | | 57 6 | 3 9 3-4 | 6 5 1-2 | 6 25 | 15 |
| 16 | | 58 | 3 10 | 6 6 | 6 24 | 16 |
| 17 | | 58 6 | 3 10 1-4 | 6 6 1-2 | 6 23 | 17 |
| 18 | | 59 | 3 10 1-2 | 6 7 | 6 22 | 18 |
| 19 | | 59 6 | 3 10 3-4 | 6 7 1-2 | 6 21 | 19 |
| 20 | 12 | 60 | 3 11 | 6 8 | 6 20 | 20 |
| 21 | | 60 6 | 3 11 1-4 | 6 8 1-2 | 6 19 | 21 |
| 22 | | 61 | 3 11 1-2 | 6 9 | 6 18 | 22 |
| 23 | | 61 6 | 3 11 3-4 | 6 9 1-2 | 6 17 | 23 |
| 24 | | 62 | 4 | 6 10 | 6 16 | 24 |
| 25 | | 62 6 | 4 0 1-4 | 6 10 1-2 | 6 15 | 25 |
| 26 | | 63 | 4 0 1-2 | 6 11 | 6 14 | 26 |
| 27 | | 63 6 | 4 0 3-4 | 6 11 1-2 | 6 13 | 27 |
| 28 | | 64 | 4 1 | 7 | 6 12 | 28 |
| 29 | | 64 6 | 4 1 1-4 | 7 0 1-2 | 6 11 | 29 |
| 30 | 11 4-5 | 65 | 4 1 1-2 | 7 1 | 6 10 | 30 |
| 31 | | 65 6 | 4 1 3-4 | 7 1 1-2 | 6 9 | 31 |
| 32 | | 66 | 4 2 | 7 2 | 6 8 | 32 |
| 33 | | 66 6 | 4 2 1-4 | 7 2 1-2 | 6 7 | 33 |
| 34 | | 67 | 4 2 1-2 | 7 3 | 6 6 | 34 |
| 35 | | 67 6 | 4 2 3-4 | 7 3 1-2 | 6 5 | 35 |
| 36 | | 68 | 4 3 | 7 4 | 6 4 | 36 |
| 37 | | 68 6 | 4 3 1-4 | 7 4 1-2 | 6 3 | 37 |
| 38 | | 69 | 4 3 1-2 | 7 5 | 6 2 | 38 |
| 39 | | 69 6 | 4 3 3-4 | 7 5 1-2 | 6 1 | 39 |
| 40 | 11 3-5 | 70 | 4 4 | 7 6 | 6 | 40 |
| 41 | | 70 6 | 4 4 1-4 | 7 6 1-2 | 5 59 | 41 |
| 42 | | 71 | 4 4 1-2 | 7 7 | 5 58 | 42 |
| 43 | | 71 6 | 4 4 3-4 | 7 7 1-2 | 5 57 | 43 |
| 44 | | 72 | 4 5 | 7 8 | 5 56 | 44 |
| 45 | | 72 6 | 4 5 1-4 | 7 8 1-2 | 5 55 | 45 |
| 46 | | 73 | 4 5 1-2 | 7 9 | 5 54 | 46 |
| 47 | | 73 6 | 4 5 3 4 | 7 9 1-2 | 5 53 | 47 |
| 48 | | 74 | 4 6 | 7 10 | 5 52 | 48 |
| 49 | | 74 6 | 4 6 1-4 | 7 10 1-2 | 5 51 | 49 |

# SCORING TABLE—Continued.

| Rank | 100-yd. Run. | 12-lb. Hammer. | Running High Jump. | Pole Vault. | 1-mile Run. | Rank |
|---|---|---|---|---|---|---|
| | sec. | ft. in. | ft. in. | ft. in. | min sec. | |
| 50 | 11 2-5 | 75 | 4 6 1-2 | 7 11 | 5 50 | 50 |
| 51 | | 75 6 | 4 6 3-4 | 7 11 1-2 | 5 49 | 51 |
| 52 | | 76 | 4 7 | 8 | 5 48 | 52 |
| 53 | | 76 6 | 4 7 1-4 | 8 0 1-2 | 5 47 | 53 |
| 54 | | 77 | 4 7 1-2 | 8 1 | 5 46 | 54 |
| 55 | | 77 6 | 4 7 3-4 | 8 1 1-2 | 5 45 | 55 |
| 56 | | 78 | 4 8 | 8 2 | 5 44 | 56 |
| 57 | | 78 6 | 4 8 1-4 | 8 2 1-2 | 5 43 | 57 |
| 58 | | 79 | 4 8 1-2 | 8 3 | 5 42 | 58 |
| 59 | | 79 6 | 4 8 3-4 | 8 3 1-2 | 5 41 | 59 |
| 60 | 11 1-5 | 80 | 4 9 | 8 4 | 5 40 | 60 |
| 61 | | 80 6 | 4 9 1-4 | 8 4 1-2 | 5 39 | 61 |
| 62 | | 81 | 4 9 1-2 | 8 5 | 5 38 | 62 |
| 63 | | 81 6 | 4 9 3-4 | 8 5 1-2 | 5 37 | 63 |
| 64 | | 82 | 4 10 | 8 6 | 5 36 | 64 |
| 65 | | 82 6 | 4 10 1-4 | 8 6 1-2 | 5 35 | 65 |
| 66 | | 83 | 4 10 1-2 | 8 7 | 5 34 | 66 |
| 67 | | 83 6 | 4 10 3-4 | 8 7 1-2 | 5 33 | 67 |
| 68 | | 84 | 4 11 | 8 8 | 5 32 | 68 |
| 69 | | 84 6 | 4 11 1-4 | 8 8 1-2 | 5 31 | 69 |
| 70 | 11 | 85 | 4 11 1-2 | 8 9 | 5 30 | 70 |
| 71 | | 85 6 | 4 11 3-4 | 8 9 1-2 | 5 29 | 71 |
| 72 | | 86 | 5 | 8 10 | 5 28 | 72 |
| 73 | | 86 6 | 5 0 1-4 | 8 10 1-2 | 5 27 | 73 |
| 74 | | 87 | 5 0 1-2 | 8 11 | 5 26 | 74 |
| 75 | | 87 6 | 5 0 3-4 | 8 11 1-2 | 5 25 | 75 |
| 76 | | 88 | 5 1 | 9 | 5 24 | 76 |
| 77 | | 88 6 | 5 1 1-4 | 9 0 1-2 | 5 23 | 77 |
| 78 | | 89 | 5 1 1-2 | 9 1 | 5 22 | 78 |
| 79 | | 89 6 | 5 1 3-4 | 9 1 1-2 | 5 21 | 79 |
| 80 | 10 4-5 | 90 | 5 2 | 9 2 | 5 20 | 80 |
| 81 | | 90 6 | 5 2 1-4 | 9 2 1-2 | 5 19 | 81 |
| 82 | | 91 | 5 2 1-2 | 9 3 | 5 18 | 82 |
| 83 | | 91 6 | 5 2 3-4 | 9 3 1-2 | 5 17 | 83 |
| 84 | | 92 | 5 3 | 9 4 | 5 16 | 84 |
| 85 | | 92 6 | 5 3 1-4 | 9 4 1-2 | 5 15 | 85 |
| 86 | | 93 | 5 3 1-2 | 9 5 | 5 14 | 86 |
| 87 | | 93 6 | 5 3 3-4 | 9 5 1-2 | 5 13 | 87 |
| 88 | | 94 | 5 4 | 9 6 | 5 12 | 88 |
| 89 | | 94 6 | 5 4 1-4 | 9 6 1-2 | 5 11 | 89 |
| 90 | 10 3-5 | 95 | 5 4 1-2 | 9 7 | 5 10 | 90 |
| 91 | | 95 6 | 5 4 3-4 | 9 7 1-2 | 5 9 | 91 |
| 92 | | 96 | 5 5 | 9 8 | 5 8 | 92 |
| 93 | | 96 6 | 5 5 1-4 | 9 8 1-2 | 5 7 | 93 |
| 94 | | 97 | 5 5 1-2 | 9 9 | 5 6 | 94 |
| 95 | | 97 6 | 5 5 3-4 | 9 9 1-2 | 5 5 | 95 |
| 96 | | 98 | 5 6 | 9 10 | 5 4 | 96 |
| 97 | | 98 6 | 5 6 1-4 | 9 10 1-2 | 5 3 | 97 |
| 98 | | 99 | 5 6 1-2 | 9 11 | 5 2 | 98 |
| 99 | | 99 6 | 5 6 3-4 | 9 11 1-2 | 5 1 | 99 |
| 100 | 10 2-5 | 100 | 5 7 | 10 | 5 | 100 |

# SCORING TABLE.

| Rank | 50-yd. Run. | 75-yd. Run. | 150-yd. Run. | 200-yd. Run. | 220 yd. Run. | Rank |
|---|---|---|---|---|---|---|
| | sec. | sec. | sec. | sec. | sec. | |
| 0 | 6 2-5 | 9 1-5 | 18 4-5 | 25 | 27 1-5 | 0 |
| 1 | | | | | | 1 |
| 2 | | | | | | 2 |
| 3 | | | | | | 3 |
| 4 | | | | | | 4 |
| 5 | | | | 24 4-5 | 27 | 5 |
| 6 | | | | | | 6 |
| 7 | | | 18 3-5 | | | 7 |
| 8 | | | | | | 8 |
| 9 | | | | | | 9 |
| 10 | | | | 24 3-5 | 26 4-5 | 10 |
| 11 | | | | | | 11 |
| 12 | | | | | | 12 |
| 13 | | | 18 2-5 | | | 13 |
| 14 | | 8 | | | | 14 |
| 15 | | | | 24 2-5 | 26 3-5 | 15 |
| 16 | | | | | | 16 |
| 17 | | | | | | 17 |
| 18 | | | | | | 18 |
| 19 | | | | | | 19 |
| 20 | 6 1-5 | | 18 1-5 | 24 1-5 | 26 2-5 | 20 |
| 21 | | | | | | 21 |
| 22 | | | | | | 22 |
| 23 | | | | | | 23 |
| 24 | | | | | | 24 |
| 25 | | | | 24 | 26 1-5 | 25 |
| 26 | | | | | | 26 |
| 27 | | | 17 | | | 27 |
| 28 | | | | | | 28 |
| 29 | | 8 4-5 | | | | 29 |
| 30 | | | | 23 4-5 | 26 | 30 |
| 31 | | | | | | 31 |
| 32 | | | | | | 32 |
| 33 | | | 17 4-5 | | | 33 |
| 34 | | | | | | 34 |
| 35 | | | | 23 3-5 | 25 4-5 | 35 |
| 36 | | | | | | 36 |
| 37 | | | | | | 37 |
| 38 | | | | | | 38 |
| 39 | | | | | | 39 |
| 40 | 6 | | 17 3-5 | 23 2-5 | 25 3-5 | 40 |
| 41 | | | | | | 41 |
| 42 | | | | | | 42 |
| 43 | | 8 3-5 | | | | 43 |
| 44 | | | | | | 44 |
| 45 | | | | 23 1-5 | 25 2-5 | 45 |
| 46 | | | | | | 46 |
| 47 | | | 17 2-5 | | | 47 |
| 48 | | | | | | 48 |
| 49 | | | | | | 49 |

# SCORING TABLE—Continued.

| Rank | 50-yd. Run. | 75-yd. Run. | 150-yd. Run. | 200-yd. Run. | 220-yd. Run. | Rank |
|---|---|---|---|---|---|---|
| | sec. | sec. | sec. | sec. | sec. | |
| 50 | | | | 23 | 25 1-5 | 50 |
| 51 | | | | | | 51 |
| 52 | | | | | | 52 |
| 53 | | | 17 1-5 | | | 53 |
| 54 | | | | | | 54 |
| 55 | | | | 22 4-5 | 25 | 55 |
| 56 | | | | | | 56 |
| 57 | | 8 2-5 | | | | 57 |
| 58 | | | | | | 58 |
| 59 | | | | | | 59 |
| 60 | 5 4-5 | | 16 | 22 3-5 | 24 4-5 | 60 |
| 61 | | | | | | 61 |
| 62 | | | | | | 62 |
| 63 | | | | | | 63 |
| 64 | | | | | | 64 |
| 65 | | | | 22 2-5 | 24 3-5 | 65 |
| 66 | | | | | | 66 |
| 67 | | | 16 4-5 | | | 67 |
| 68 | | | | | | 68 |
| 69 | | | | | | 69 |
| 70 | | | | 22 1-5 | 24 2-5 | 70 |
| 71 | | 8 1-5 | | | | 71 |
| 72 | | | | | | 72 |
| 73 | | | 16 3-5 | | | 73 |
| 74 | | | | | | 74 |
| 75 | | | | 22 | 24 1-5 | 75 |
| 76 | | | | | | 76 |
| 77 | | | | | | 77 |
| 78 | | | | | | 78 |
| 79 | | | | | | 79 |
| 80 | 5 3-5 | | 16 2-5 | 21 4-5 | 24 | 80 |
| 81 | | | | | | 81 |
| 82 | | | | | | 82 |
| 83 | | | | | | 83 |
| 84 | | | | | | 84 |
| 85 | | | | 21 3-5 | 23 4-5 | 85 |
| 86 | | 8 | | | | 86 |
| 87 | | | 16 1-5 | | | 87 |
| 88 | | | | | | 88 |
| 89 | | | | | | 89 |
| 90 | | | | 21 2-5 | 23 3-5 | 90 |
| 91 | | | | | | 91 |
| 92 | | | | | | 92 |
| 93 | | | 15 | | | 93 |
| 94 | | | | | | 94 |
| 95 | | | | 21 1-5 | 23 2-5 | 95 |
| 96 | | | | | | 96 |
| 97 | | | | | | 97 |
| 98 | | | | | | 98 |
| 99 | | | | | | 99 |
| 100 | 5 2-5 | 7 4-5 | 15 4-5 | 21 | 23 1-5 | 100 |

# SCORING TABLE.

| Rank | 300-yd. Run. | 440-yd. Run. | 880-yd. Run. | 2-mile Run. | 5-mile Run. | Rank |
|---|---|---|---|---|---|---|
| | sec. | sec. | min. sec. | min. sec. | min. sec. | |
| 0 | 50 | 73 | 2 50 | 13 50 | 40 | 0 |
| 1 | | 72 4-5 | | 13 48 | 39 54 | 1 |
| 2 | 49 4-5 | 72 3-5 | 2 49 | 13 46 | 39 48 | 2 |
| 3 | | 72 2-5 | | 13 44 | 39 42 | 3 |
| 4 | 49 3-5 | 72 1-5 | 2 48 | 13 42 | 39 36 | 4 |
| 5 | | 72 | | 13 40 | 39 30 | 5 |
| 6 | 49 2-5 | 71 4-5 | 2 47 | 13 38 | 39 24 | 6 |
| 7 | | 71 3-5 | | 13 36 | 39 18 | 7 |
| 8 | 49 1-5 | 71 2-5 | 2 46 | 13 34 | 39 12 | 8 |
| 9 | | 71 1-5 | | 13 32 | 39 6 | 9 |
| 10 | 49 | 71 | 2 45 | 13 30 | 39 | 10 |
| 11 | | 70 4-5 | | 13 28 | 38 54 | 11 |
| 12 | 48 4-5 | 70 3-5 | 2 44 | 13 26 | 38 48 | 12 |
| 13 | | 70 2-5 | | 13 24 | 38 42 | 13 |
| 14 | 48 3-5 | 70 1-5 | 2 43 | 13 22 | 38 36 | 14 |
| 15 | | 70 | | 13 20 | 38 30 | 15 |
| 16 | 48 2-5 | 69 4-5 | 2 42 | 13 18 | 38 24 | 16 |
| 17 | | 69 3-5 | | 13 16 | 38 18 | 17 |
| 18 | 48 1-5 | 69 2-5 | 2 41 | 13 14 | 38 12 | 18 |
| 19 | | 69 1-5 | | 13 12 | 38 6 | 19 |
| 20 | 48 | 69 | 2 40 | 13 10 | 38 | 20 |
| 21 | | 68 4-5 | | 13 8 | 37 54 | 21 |
| 22 | 47 4-5 | 68 3-5 | 2 39 | 13 6 | 37 48 | 22 |
| 23 | | 68 2-5 | | 13 4 | 37 42 | 23 |
| 24 | 47 3-5 | 68 1-5 | 2 38 | 13 2 | 37 36 | 24 |
| 25 | | 68 | | 13 | 37 30 | 25 |
| 26 | 47 2-5 | 67 4-5 | 2 37 | 12 58 | 37 24 | 26 |
| 27 | | 67 3-5 | | 12 56 | 37 18 | 27 |
| 28 | 47 1-5 | 67 2-5 | 2 36 | 12 54 | 37 12 | 28 |
| 29 | | 67 1-5 | | 12 52 | 37 6 | 29 |
| 30 | 47 | 67 | 2 35 | 12 50 | 37 | 30 |
| 31 | | 66 4-5 | | 12 48 | 36 54 | 31 |
| 32 | 46 4-5 | 66 3-5 | 2 34 | 12 46 | 36 48 | 32 |
| 33 | | 66 2-5 | | 12 44 | 36 42 | 33 |
| 34 | 46 3-5 | 66 1-5 | 2 33 | 12 42 | 36 36 | 34 |
| 35 | | 66 | | 12 40 | 36 30 | 35 |
| 36 | 46 2-5 | 65 4-5 | 2 32 | 12 38 | 36 24 | 36 |
| 37 | | 65 3-5 | | 12 36 | 36 18 | 37 |
| 38 | 46 1-5 | 65 2-5 | 2 31 | 12 34 | 36 12 | 38 |
| 39 | | 65 1-5 | | 12 32 | 36 6 | 39 |
| 40 | 46 | 65 | 2 30 | 12 30 | 36 | 40 |
| 41 | | 64 4-5 | | 12 28 | 35 54 | 41 |
| 42 | 45 4-5 | 64 3-5 | 2 29 | 12 26 | 35 48 | 42 |
| 43 | | 64 2-5 | | 12 24 | 35 42 | 43 |
| 44 | 45 3-5 | 64 1-5 | 2 28 | 12 22 | 35 36 | 44 |
| 45 | | 64 | | 12 20 | 35 30 | 45 |
| 46 | 45 2-5 | 63 4-5 | 2 27 | 12 18 | 35 24 | 46 |
| 47 | | 63 3-5 | | 12 16 | 35 18 | 47 |
| 48 | 45 1-5 | 63 2-5 | 2 26 | 12 14 | 35 12 | 48 |
| 49 | | 63 1-5 | | 12 12 | 35 6 | 49 |

# SCORING TABLE—Continued.

| Rank | 300-yd. Run. | 440-yd. Run. | 880-yd. Run. | | 2-mile Run. | | 5-mile Run. | | Rank |
|---|---|---|---|---|---|---|---|---|---|
| | sec. | sec. | min. | sec. | min. | sec. | min. | sec. | |
| 50 | 45 | 63 | 2 | 25 | 12 | 10 | 35 | | 50 |
| 51 | | 62 4-5 | | | 12 | 8 | 34 | 54 | 51 |
| 52 | 44 4-5 | 62 3-5 | 2 | 24 | 12 | 6 | 34 | 48 | 52 |
| 53 | | 62 2-5 | | | 12 | 4 | 34 | 42 | 53 |
| 54 | 44 3-5 | 62 1-5 | 2 | 23 | 12 | 2 | 34 | 36 | 54 |
| 55 | | 62 | | | 12 | | 34 | 30 | 55 |
| 56 | 44 2-5 | 61 4-5 | 2 | 22 | 11 | 58 | 34 | 24 | 56 |
| 57 | | 61 3-5 | | | 11 | 56 | 34 | 18 | 57 |
| 58 | 44 1-5 | 61 2-5 | 2 | 21 | 11 | 54 | 34 | 12 | 58 |
| 59 | | 61 1-5 | | | 11 | 52 | 34 | 6 | 59 |
| 60 | 44 | 61 | 2 | 20 | 11 | 50 | 34 | | 60 |
| 61 | | 60 4-5 | | | 11 | 48 | 33 | 54 | 61 |
| 62 | 43 4-5 | 60 3-5 | 2 | 19 | 11 | 46 | 33 | 48 | 62 |
| 63 | | 60 2-5 | | | 11 | 44 | 33 | 42 | 63 |
| 64 | 43 3-5 | 60 1-5 | 2 | 18 | 11 | 42 | 33 | 36 | 64 |
| 65 | | 60 | | | 11 | 40 | 33 | 30 | 65 |
| 66 | 43 2-5 | 59 4-5 | 2 | 17 | 11 | 38 | 33 | 24 | 66 |
| 67 | | 59 3-5 | | | 11 | 36 | 33 | 18 | 67 |
| 68 | 43 1-5 | 59 2-5 | 2 | 16 | 11 | 34 | 33 | 12 | 68 |
| 69 | | 59 1-5 | | | 11 | 32 | 33 | 6 | 69 |
| 70 | 43 | 59 | 2 | 15 | 11 | 30 | 33 | | 70 |
| 71 | | 58 4-5 | | | 11 | 28 | 32 | 54 | 71 |
| 72 | 42 4-5 | 58 3-5 | 2 | 14 | 11 | 26 | 32 | 48 | 72 |
| 73 | | 58 2-5 | | | 11 | 24 | 32 | 42 | 73 |
| 74 | 42 3-5 | 58 1-5 | 2 | 13 | 11 | 22 | 32 | 36 | 74 |
| 75 | | 58 | | | 11 | 20 | 32 | 30 | 75 |
| 76 | 42 2-5 | 57 4-5 | 2 | 12 | 11 | 18 | 32 | 24 | 76 |
| 77 | | 57 3-5 | | | 11 | 16 | 32 | 18 | 77 |
| 78 | 42 1-5 | 57 2-5 | 2 | 11 | 11 | 14 | 32 | 12 | 78 |
| 79 | | 57 1-5 | | | 11 | 12 | 32 | 6 | 79 |
| 80 | 42 | 57 | 2 | 10 | 11 | 10 | 32 | | 80 |
| 81 | | 56 4-5 | | | 11 | 8 | 31 | 54 | 81 |
| 82 | 41 4-5 | 56 3-5 | 2 | 9 | 11 | 6 | 31 | 48 | 82 |
| 83 | | 56 2-5 | | | 11 | 4 | 31 | 42 | 83 |
| 84 | 41 3-5 | 56 1-5 | 2 | 8 | 11 | 2 | 31 | 36 | 84 |
| 85 | | 56 | | | 11 | | 31 | 30 | 85 |
| 86 | 41 2-5 | 55 4-5 | 2 | 7 | 10 | 58 | 31 | 24 | 86 |
| 87 | | 55 3-5 | | | 10 | 56 | 31 | 18 | 87 |
| 88 | 41 1-5 | 55 2-5 | 2 | 6 | 10 | 54 | 31 | 12 | 88 |
| 89 | | 55 1-5 | | | 10 | 52 | 31 | 6 | 89 |
| 90 | 41 | 55 | 2 | 5 | 10 | 50 | 31 | | 90 |
| 91 | | 54 4-5 | | | 10 | 48 | 30 | 54 | 91 |
| 92 | 40 4-5 | 54 3-5 | 2 | 4 | 10 | 46 | 30 | 48 | 92 |
| 93 | | 54 2-5 | | | 10 | 44 | 30 | 42 | 93 |
| 94 | 40 3-5 | 54 1-5 | 2 | 3 | 10 | 42 | 30 | 36 | 94 |
| 95 | | 54 | | | 10 | 40 | 30 | 30 | 95 |
| 96 | 40 2-5 | 53 4-5 | 2 | 2 | 10 | 38 | 30 | 24 | 96 |
| 97 | | 53 3-5 | | | 10 | 36 | 30 | 18 | 97 |
| 98 | 40 1-5 | 53 2-5 | 2 | 1 | 10 | 34 | 30 | 12 | 98 |
| 99 | | 53 1-5 | | | 10 | 32 | 30 | 6 | 99 |
| 100 | 40 | 53 | 2 | | 10 | 30 | 30 | | 100 |

# SCORING TABLE.

| Rank | 120-yd. Hurdle | 220-yd. Hurdle. | Standing High Jump. | | Standing Broad Jump. | | Running Broad Jump. | | Rank |
|---|---|---|---|---|---|---|---|---|---|
| | sec. | sec. | ft. | in. | ft. | in. | ft. | in. | |
| 0 | 21 | 37 | 2 | 9 | 6 | | 11 | 8 | 0 |
| 1 | | | 2 | 9 1-4 | 6 | 0 1 2 | 11 | 9 | 1 |
| 2 | | 36 4-5 | 2 | 9 1-2 | 6 | 1 | 11 | 10 | 2 |
| 3 | | | 2 | 9 3-4 | 6 | 1 1 2 | 11 | 11 | 3 |
| 4 | | 36 3-5 | 2 | 10 | 6 | 2 | 12 | | 4 |
| 5 | 20 4-5 | | 2 | 10 1-4 | 6 | 2 1-2 | 12 | 1 | 5 |
| 6 | | 36 2-5 | 2 | 10 1-2 | 6 | 3 | 12 | 2 | 6 |
| 7 | | | 2 | 10 3-4 | 6 | 3 1-2 | 12 | 3 | 7 |
| 8 | | 36 1-5 | 2 | 11 | 6 | 4 | 12 | 4 | 8 |
| 9 | | | 2 | 11 1-4 | 6 | 4 1 2 | 12 | 5 | 9 |
| 10 | 20 3-5 | 36 | 2 | 11 1-2 | 6 | 5 | 12 | 6 | 10 |
| 11 | | | 2 | 11 3-4 | 6 | 5 1-2 | 12 | 7 | 11 |
| 12 | | 35 4-5 | 3 | | 6 | 6 | 12 | 8 | 12 |
| 13 | | | 3 | 0 1-4 | 6 | 6 1-2 | 12 | 9 | 13 |
| 14 | | 35 3-5 | 3 | 0 1-2 | 6 | 7 | 12 | 10 | 14 |
| 15 | 20 2-5 | | 3 | 0 3-4 | 6 | 7 1-2 | 12 | 11 | 15 |
| 16 | | 35 2-5 | 3 | 1 | 6 | 8 | 13 | | 16 |
| 17 | | | 3 | 1 1-4 | 6 | 8 1-2 | 13 | 1 | 17 |
| 18 | | 35 1-5 | 3 | 1 1-2 | 6 | 9 | 13 | 2 | 18 |
| 19 | | | 3 | 1 3-4 | 6 | 9 1-2 | 13 | 3 | 19 |
| 20 | 20 1-5 | 35 | 3 | 2 | 6 | 10 | 13 | 4 | 20 |
| 21 | | | 3 | 2 1-4 | 6 | 10 1-2 | 13 | 5 | 21 |
| 22 | | 34 4-5 | 3 | 2 1-2 | 6 | 11 | 13 | 6 | 22 |
| 23 | | | 3 | 2 3-4 | 6 | 11 1-2 | 13 | 7 | 23 |
| 24 | | 34 3-5 | 3 | 3 | 7 | | 13 | 8 | 24 |
| 25 | 20 | | 3 | 3 1-4 | 7 | 0 1-2 | 13 | 9 | 25 |
| 26 | | 34 2-5 | 3 | 3 1 2 | 7 | 1 | 13 | 10 | 26 |
| 27 | | | 3 | 3 3-4 | 7 | 1 1 2 | 13 | 11 | 27 |
| 28 | | 34 1-5 | 3 | 4 | 7 | 2 | 14 | | 28 |
| 29 | | | 3 | 4 1-4 | 7 | 2 1-2 | 14 | 1 | 29 |
| 30 | 19 4-5 | 34 | 3 | 4 1-2 | 7 | 3 | 14 | 2 | 30 |
| 31 | | | 3 | 4 3-4 | 7 | 3 1-2 | 14 | 3 | 31 |
| 32 | | 33 4-5 | 3 | 5 | 7 | 4 | 14 | 4 | 32 |
| 33 | | | 3 | 5 1-4 | 7 | 4 1-2 | 14 | 5 | 33 |
| 34 | | 33 3-5 | 3 | 5 1-2 | 7 | 5 | 14 | 6 | 34 |
| 35 | 19 3-5 | | 3 | 5 3-4 | 7 | 5 1-2 | 14 | 7 | 35 |
| 36 | | 33 2-5 | 3 | 6 | 7 | 6 | 14 | 8 | 36 |
| 37 | | | 3 | 6 1-4 | 7 | 6 1-2 | 14 | 9 | 37 |
| 38 | | 33 1-5 | 3 | 6 1-2 | 7 | 7 | 14 | 10 | 38 |
| 39 | | | 3 | 6 3-4 | 7 | 7 1-2 | 14 | 11 | 39 |
| 40 | 19 2-5 | 33 | 3 | 7 | 7 | 8 | 15 | | 40 |
| 41 | | | 3 | 7 1-4 | 7 | 8 1-2 | 15 | 1 | 41 |
| 42 | | 32 4-5 | 3 | 7 1-2 | 7 | 9 | 15 | 2 | 42 |
| 43 | | | 3 | 7 3-4 | 7 | 9 1-2 | 15 | 3 | 43 |
| 44 | | 32 3-5 | 3 | 8 | 7 | 10 | 15 | 4 | 44 |
| 45 | 19 1-5 | | 3 | 8 1-4 | 7 | 10 1-2 | 15 | 5 | 45 |
| 46 | | 32 2-5 | 3 | 8 1-2 | 7 | 11 | 15 | 6 | 46 |
| 47 | | | 3 | 8 3-4 | 7 | 11 1-2 | 15 | 7 | 47 |
| 48 | | 32 1-5 | 3 | 9 | 8 | | 15 | 8 | 48 |
| 49 | | | 3 | 9 1-4 | 8 | 0 1-2 | 15 | 9 | 49 |

## SCORING TABLE — Continued.

| Rank | 120-yd. Hurdle | 220-yd. Hurdle. | Standing High Jump. | | Standing Broad Jump. | | Running Broad Jump. | | Rank |
|---|---|---|---|---|---|---|---|---|---|
| | sec. | sec. | ft. | in. | ft. | in. | ft. | in. | |
| 50 | 19 | 32 | 3 | 9 1-2 | 8 | 1 | 15 | 10 | 50 |
| 51 | | | 3 | 9 3-4 | 8 | 1 1-2 | 15 | 11 | 51 |
| 52 | | 31 4-5 | 3 | 10 | 8 | 2 | 16 | | 52 |
| 53 | | | 3 | 10 1-4 | 8 | 2 1-2 | 16 | 1 | 53 |
| 54 | | 31 3-5 | 3 | 10 1-2 | 8 | 3 | 16 | 2 | 54 |
| 55 | 18 4-5 | | 3 | 10 3-4 | 8 | 3 1-2 | 16 | 3 | 55 |
| 56 | | 31 2-5 | 3 | 11 | 8 | 4 | 16 | 4 | 56 |
| 57 | | | 3 | 11 1-4 | 8 | 4 1-2 | 16 | 5 | 57 |
| 58 | | 31 1-5 | 3 | 11 1-2 | 8 | 5 | 16 | 6 | 58 |
| 59 | | | 3 | 11 3-4 | 8 | 5 1-2 | 16 | 7 | 59 |
| 60 | 18 3-5 | 31 | 4 | | 8 | 6 | 16 | 8 | 60 |
| 61 | | | 4 | 0 1-4 | 8 | 6 1-2 | 16 | 9 | 61 |
| 62 | | 30 4-5 | 4 | 0 1-2 | 8 | 7 | 16 | 10 | 62 |
| 63 | | | 4 | 0 3-4 | 8 | 7 1 2 | 16 | 11 | 63 |
| 64 | | 30 3-5 | 4 | 1 | 8 | 8 | 17 | | 64 |
| 65 | 18 2-5 | | 4 | 1 1-4 | 8 | 8 1-2 | 17 | 1 | 65 |
| 66 | | 30 2-5 | 4 | 1 1-2 | 8 | 9 | 17 | 2 | 66 |
| 67 | | | 4 | 1 3-4 | 8 | 9 1-2 | 17 | 3 | 67 |
| 68 | | 30 1-5 | 4 | 2 | 8 | 10 | 17 | 4 | 68 |
| 69 | | | 4 | 2 1 4 | 8 | 10 1-2 | 17 | 5 | 69 |
| 70 | 18 1-5 | 30 | 4 | 2 1-2 | 8 | 11 | 17 | 6 | 70 |
| 71 | | | 4 | 2 3-4 | 8 | 11 1-2 | 17 | 7 | 71 |
| 72 | | 29 4-5 | 4 | 3 | 9 | | 17 | 8 | 72 |
| 73 | | | 4 | 3 1-4 | 9 | 0 1-2 | 17 | 9 | 73 |
| 74 | | 29 3-5 | 4 | 3 1-2 | 9 | 1 | 17 | 10 | 74 |
| 75 | 18 | | 4 | 3 3-4 | 9 | 1 1-2 | 17 | 11 | 75 |
| 76 | | 29 2-5 | 4 | 4 | 9 | 2 | 18 | | 76 |
| 77 | | | 4 | 4 1-4 | 9 | 2 1-2 | 18 | 1 | 77 |
| 78 | | 29 1-5 | 4 | 4 1-2 | 9 | 3 | 18 | 2 | 78 |
| 79 | | | 4 | 4 3-4 | 9 | 3 1-2 | 18 | 3 | 79 |
| 80 | 17 4-5 | 29 | 4 | 5 | 9 | 4 | 18 | 4 | 80 |
| 81 | | | 4 | 5 1-4 | 9 | 4 1-2 | 18 | 5 | 81 |
| 82 | | 28 4-5 | 4 | 5 1-2 | 9 | 5 | 18 | 6 | 82 |
| 83 | | | 4 | 5 3-4 | 9 | 5 1-2 | 18 | 7 | 83 |
| 84 | | 28 3-5 | 4 | 6 | 9 | 6 | 18 | 8 | 84 |
| 85 | 17 3-5 | | 4 | 6 1-4 | 9 | 6 1-2 | 18 | 9 | 85 |
| 86 | | 28 2-5 | 4 | 6 1-2 | 9 | 7 | 18 | 10 | 86 |
| 87 | | | 4 | 6 3-4 | 9 | 7 1-2 | 18 | 11 | 87 |
| 88 | | 28 1-5 | 4 | 7 | 9 | 8 | 19 | | 88 |
| 89 | | | 4 | 7 1-4 | 9 | 8 1-2 | 19 | 1 | 89 |
| 90 | 17 2-5 | 28 | 4 | 7 1-2 | 9 | 9 | 19 | 2 | 90 |
| 91 | | | 4 | 7 3-4 | 9 | 9 1-2 | 19 | 3 | 91 |
| 92 | | 27 4-5 | 4 | 8 | 9 | 10 | 19 | 4 | 92 |
| 93 | | | 4 | 8 1-4 | 9 | 10 1-2 | 19 | 5 | 93 |
| 94 | | 27 3-5 | 4 | 8 1-2 | 9 | 11 | 19 | 6 | 94 |
| 95 | 17 1-5 | | 4 | 8 3-4 | 9 | 11 1-2 | 19 | 7 | 95 |
| 96 | | 27 2-5 | 4 | 9 | 10 | | 19 | 8 | 96 |
| 97 | | | 4 | 9 1-4 | 10 | 0 1-2 | 19 | 9 | 97 |
| 98 | | 27 1-5 | 4 | 9 1-2 | 10 | 1 | 19 | 10 | 98 |
| 99 | | | 4 | 9 3-4 | 10 | 1 1-2 | 19 | 11 | 99 |
| 100 | 17 | 27 | 4 | 10 | 10 | 2 | 20 | | 100 |

# SCORING TABLE.

| Rank | 2 Stand. Broad Jump. | | 3 Stand. Broad Jump. | | Stand. Hop Step Jump. | | Run, Hop Step and Jump. | | Pole Vault Dist. | | Rank |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | ft. | in. | ft. | in. | ft. | in. | ft. | in. | ft. | in. | |
| 0 | 11 | 8 | 17 | | 21 | 8 | 24 | | 14 | | 0 |
| 1 | 11 | 9 | 17 | 2 | 21 | 9 | 24 | 2 | 14 | 1 | 1 |
| 2 | 11 | 10 | 17 | 4 | 21 | 10 | 24 | 4 | 14 | 2 | 2 |
| 3 | 11 | 11 | 17 | 6 | 21 | 11 | 24 | 6 | 14 | 3 | 3 |
| 4 | 12 | | 17 | 8 | 22 | | 24 | 8 | 14 | 4 | 4 |
| 5 | 12 | 1 | 17 | 10 | 22 | 1 | 24 | 10 | 14 | 5 | 5 |
| 6 | 12 | 2 | 18 | | 22 | 2 | 25 | | 14 | 6 | 6 |
| 7 | 12 | 3 | 18 | 2 | 22 | 3 | 25 | 2 | 14 | 7 | 7 |
| 8 | 12 | 4 | 18 | 4 | 22 | 4 | 25 | 4 | 14 | 8 | 8 |
| 9 | 12 | 5 | 18 | 6 | 22 | 5 | 25 | 6 | 14 | 9 | 9 |
| 10 | 12 | 6 | 18 | 8 | 22 | 6 | 25 | 8 | 14 | 10 | 10 |
| 11 | 12 | 7 | 18 | 10 | 22 | 7 | 25 | 10 | 14 | 11 | 11 |
| 12 | 12 | 8 | 19 | | 22 | 8 | 26 | | 15 | | 12 |
| 13 | 12 | 9 | 19 | 2 | 22 | 9 | 26 | 2 | 15 | 1 | 13 |
| 14 | 12 | 10 | 19 | 4 | 22 | 10 | 26 | 4 | 15 | 2 | 14 |
| 15 | 12 | 11 | 19 | 6 | 22 | 11 | 26 | 6 | 15 | 3 | 15 |
| 16 | 13 | | 19 | 8 | 23 | | 26 | 8 | 15 | 4 | 16 |
| 17 | 13 | 1 | 19 | 10 | 23 | 1 | 26 | 10 | 15 | 5 | 17 |
| 18 | 13 | 2 | 20 | | 23 | 2 | 27 | | 15 | 6 | 18 |
| 19 | 13 | 3 | 20 | 2 | 23 | 3 | 27 | 2 | 15 | 7 | 19 |
| 20 | 13 | 4 | 20 | 4 | 23 | 4 | 27 | 4 | 15 | 8 | 20 |
| 21 | 13 | 5 | 20 | 6 | 23 | 5 | 27 | 6 | 15 | 9 | 21 |
| 22 | 13 | 6 | 20 | 8 | 23 | 6 | 27 | 8 | 15 | 10 | 22 |
| 23 | 13 | 7 | 20 | 10 | 23 | 7 | 27 | 10 | 15 | 11 | 23 |
| 24 | 13 | 8 | 21 | | 23 | 8 | 28 | | 16 | | 24 |
| 25 | 13 | 9 | 21 | 2 | 23 | 9 | 28 | 2 | 16 | 1 | 25 |
| 26 | 13 | 10 | 21 | 4 | 23 | 10 | 28 | 4 | 16 | 2 | 26 |
| 27 | 13 | 11 | 21 | 6 | 23 | 11 | 28 | 6 | 16 | 3 | 27 |
| 28 | 14 | | 21 | 8 | 24 | | 28 | 8 | 16 | 4 | 28 |
| 29 | 14 | 1 | 21 | 10 | 24 | 1 | 28 | 10 | 16 | 5 | 29 |
| 30 | 14 | 2 | 22 | | 24 | 2 | 29 | | 16 | 6 | 30 |
| 31 | 14 | 3 | 22 | 2 | 24 | 3 | 29 | 2 | 16 | 7 | 31 |
| 32 | 14 | 4 | 22 | 4 | 24 | 4 | 29 | 4 | 16 | 8 | 32 |
| 33 | 14 | 5 | 22 | 6 | 24 | 5 | 29 | 6 | 16 | 9 | 33 |
| 34 | 14 | 6 | 22 | 8 | 24 | 6 | 29 | 8 | 16 | 10 | 34 |
| 35 | 14 | 7 | 22 | 10 | 24 | 7 | 29 | 10 | 16 | 11 | 35 |
| 36 | 14 | 8 | 23 | | 24 | 8 | 30 | | 17 | | 36 |
| 37 | 14 | 9 | 23 | 2 | 24 | 9 | 30 | 2 | 17 | 1 | 37 |
| 38 | 14 | 10 | 23 | 4 | 24 | 10 | 30 | 4 | 17 | 2 | 38 |
| 39 | 14 | 11 | 23 | 6 | 24 | 11 | 30 | 6 | 17 | 3 | 39 |
| 40 | 15 | | 23 | 8 | 25 | | 30 | 8 | 17 | 4 | 40 |
| 41 | 15 | 1 | 23 | 10 | 25 | 1 | 30 | 10 | 17 | 5 | 41 |
| 42 | 15 | 2 | 24 | | 25 | 2 | 31 | | 17 | 6 | 42 |
| 43 | 15 | 3 | 24 | 2 | 25 | 3 | 31 | 2 | 17 | 7 | 43 |
| 44 | 15 | 4 | 24 | 4 | 25 | 4 | 31 | 4 | 17 | 8 | 44 |
| 45 | 15 | 5 | 24 | 6 | 25 | 5 | 31 | 6 | 17 | 9 | 45 |
| 46 | 15 | 6 | 24 | 8 | 25 | 6 | 31 | 8 | 17 | 10 | 46 |
| 47 | 15 | 7 | 24 | 10 | 25 | 7 | 31 | 10 | 17 | 11 | 47 |
| 48 | 15 | 8 | 25 | | 25 | 8 | 32 | | 18 | | 48 |
| 49 | 15 | 9 | 25 | 2 | 25 | 9 | 32 | 2 | 18 | 1 | 49 |

# SCORING TABLE—Continued.

| Rank | 2 Stand. Broad Jump. | | 3 Stand. Broad Jump. | | Stand. Hop Step Jump. | | Run. Hop Step and Jump. | | Pole Vault Dist. | | Rank |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | ft. | in. | ft. | in. | ft. | in. | ft. | in. | ft. | in. | |
| 50 | 15 | 10 | 25 | 4 | 25 | 10 | 32 | 4 | 18 | 2 | 50 |
| 51 | 15 | 11 | 25 | 6 | 25 | 11 | 32 | 6 | 18 | 3 | 51 |
| 52 | 16 | | 25 | 8 | 26 | | 32 | 8 | 18 | 4 | 52 |
| 53 | 16 | 1 | 25 | 10 | 26 | 1 | 32 | 10 | 18 | 5 | 53 |
| 54 | 16 | 2 | 26 | | 26 | 2 | 33 | | 18 | 6 | 54 |
| 55 | 16 | 3 | 26 | 2 | 26 | 3 | 33 | 2 | 18 | 7 | 55 |
| 56 | 16 | 4 | 26 | 4 | 26 | 4 | 33 | 4 | 18 | 8 | 56 |
| 57 | 16 | 5 | 26 | 6 | 26 | 5 | 33 | 6 | 18 | 9 | 57 |
| 58 | 16 | 6 | 26 | 8 | 26 | 6 | 33 | 8 | 18 | 10 | 58 |
| 59 | 16 | 7 | 26 | 10 | 26 | 7 | 33 | 10 | 18 | 11 | 59 |
| 60 | 16 | 8 | 27 | | 26 | 8 | 34 | | 19 | | 60 |
| 61 | 16 | 9 | 27 | 2 | 26 | 9 | 34 | 2 | 19 | 1 | 61 |
| 62 | 16 | 10 | 27 | 4 | 26 | 10 | 34 | 4 | 19 | 2 | 62 |
| 63 | 16 | 11 | 27 | 6 | 26 | 11 | 34 | 6 | 19 | 3 | 63 |
| 64 | 17 | | 27 | 8 | 27 | | 34 | 8 | 19 | 4 | 64 |
| 65 | 17 | 1 | 27 | 10 | 27 | 1 | 34 | 10 | 19 | 5 | 65 |
| 66 | 17 | 2 | 28 | | 27 | 2 | 35 | | 19 | 6 | 66 |
| 67 | 17 | 3 | 28 | 2 | 27 | 3 | 35 | 2 | 19 | 7 | 67 |
| 68 | 17 | 4 | 28 | 4 | 27 | 4 | 35 | 4 | 19 | 8 | 68 |
| 69 | 17 | 5 | 28 | 6 | 27 | 5 | 35 | 6 | 19 | 9 | 69 |
| 70 | 17 | 6 | 28 | 8 | 27 | 6 | 35 | 8 | 19 | 10 | 70 |
| 71 | 17 | 7 | 28 | 10 | 27 | 7 | 35 | 10 | 19 | 11 | 71 |
| 72 | 17 | 8 | 29 | | 27 | 8 | 36 | | 20 | | 72 |
| 73 | 17 | 9 | 29 | 2 | 27 | 9 | 36 | 2 | 20 | 1 | 73 |
| 74 | 17 | 10 | 29 | 4 | 27 | 10 | 36 | 4 | 20 | 2 | 74 |
| 75 | 17 | 11 | 29 | 6 | 27 | 11 | 36 | 6 | 20 | 3 | 75 |
| 76 | 18 | | 29 | 8 | 28 | | 36 | 8 | 20 | 4 | 76 |
| 77 | 18 | 1 | 29 | 10 | 28 | 1 | 36 | 10 | 20 | 5 | 77 |
| 78 | 18 | 2 | 30 | | 28 | 2 | 37 | | 20 | 6 | 78 |
| 79 | 18 | 3 | 30 | 2 | 28 | 3 | 37 | 2 | 20 | 7 | 79 |
| 80 | 18 | 4 | 30 | 4 | 28 | 4 | 37 | 4 | 20 | 8 | 80 |
| 81 | 18 | 5 | 30 | 6 | 28 | 5 | 37 | 6 | 20 | 9 | 81 |
| 82 | 18 | 6 | 30 | 8 | 28 | 6 | 37 | 8 | 20 | 10 | 82 |
| 83 | 18 | 7 | 30 | 10 | 28 | 7 | 37 | 10 | 20 | 11 | 83 |
| 84 | 18 | 8 | 31 | | 28 | 8 | 38 | | 21 | | 84 |
| 85 | 18 | 9 | 31 | 2 | 28 | 9 | 38 | 2 | 21 | 1 | 85 |
| 86 | 18 | 10 | 31 | 4 | 28 | 10 | 38 | 4 | 21 | 2 | 86 |
| 87 | 18 | 11 | 31 | 6 | 28 | 11 | 38 | 6 | 21 | 3 | 87 |
| 88 | 19 | | 31 | 8 | 29 | | 38 | 8 | 21 | 4 | 88 |
| 89 | 19 | 1 | 31 | 10 | 29 | 1 | 38 | 10 | 21 | 5 | 89 |
| 90 | 19 | 2 | 32 | | 29 | 2 | 39 | | 21 | 6 | 90 |
| 91 | 19 | 3 | 32 | 2 | 29 | 3 | 39 | 2 | 21 | 7 | 91 |
| 92 | 19 | 4 | 32 | 4 | 29 | 4 | 39 | 4 | 21 | 8 | 92 |
| 93 | 19 | 5 | 32 | 6 | 29 | 5 | 39 | 6 | 21 | 9 | 93 |
| 94 | 19 | 6 | 32 | 8 | 29 | 6 | 39 | 8 | 21 | 10 | 94 |
| 95 | 19 | 7 | 32 | 10 | 29 | 7 | 39 | 10 | 21 | 11 | 95 |
| 96 | 19 | 8 | 33 | | 29 | 8 | 40 | | 22 | | 96 |
| 97 | 19 | 9 | 33 | 2 | 29 | 9 | 40 | 2 | 22 | 1 | 97 |
| 98 | 19 | 10 | 33 | 4 | 29 | 10 | 40 | 4 | 22 | 2 | 98 |
| 99 | 19 | 11 | 33 | 6 | 29 | 11 | 40 | 6 | 22 | 3 | 99 |
| 100 | 20 | | 33 | 8 | 30 | | 40 | 8 | 22 | 4 | 100 |

# SCORING TABLE.

| Rank | Run. High Kick. | | Run. High Dive. | | Hitch and Kick. | | Double Kick. | | 18-ft. Rope Climb. | Rank |
|---|---|---|---|---|---|---|---|---|---|---|
| | ft. | in. | ft. | in. | ft. | in. | ft. | in. | sec. | |
| 0 | 4 | 10 | 3 | 9 | 4 | 7 | 3 | 11 | 6 2–5 | 0 |
| 1 | 4 | 10 1–2 | 3 | 9 1–4 | 4 | 7 1–2 | 3 | 11 1–4 | | 1 |
| 2 | 4 | 11 | 3 | 9 1–2 | 4 | 8 | 3 | 11 1–2 | | 2 |
| 3 | 4 | 11 1–2 | 3 | 9 3–4 | 4 | 8 1–2 | 3 | 11 3–4 | | 3 |
| 4 | 5 | | 3 | 10 | 4 | 9 | 4 | | | 4 |
| 5 | 5 | 0 1–2 | 3 | 10 1–4 | 4 | 9 1–2 | 4 | 0 1–4 | | 5 |
| 6 | 5 | 1 | 3 | 10 1–2 | 4 | 10 | 4 | 0 1–2 | | 6 |
| 7 | 5 | 1 1–2 | 3 | 10 3–4 | 4 | 10 1–2 | 4 | 0 3–4 | | 7 |
| 8 | 5 | 2 | 3 | 11 | 4 | 11 | 4 | 1 | | 8 |
| 9 | 5 | 2 1–2 | 3 | 11 1–4 | 4 | 11 1–2 | 4 | 1 1 4 | | 9 |
| 10 | 5 | 3 | 3 | 11 1–2 | 5 | | 4 | 1 1–2 | | 10 |
| 11 | 5 | 3 1 2 | 3 | 11 3–4 | 5 | 0 1–2 | 4 | 1 3–4 | | 11 |
| 12 | 5 | 4 | 4 | | 5 | 1 | 4 | 2 | | 12 |
| 13 | 5 | 4 1–2 | 4 | 0 1–4 | 5 | 1 1–2 | 4 | 2 1–4 | | 13 |
| 14 | 5 | 5 | 4 | 0 1–2 | 5 | 2 | 4 | 2 1–2 | | 14 |
| 15 | 5 | 5 1–2 | 4 | 0 3–4 | 5 | 2 1–2 | 4 | 2 3–4 | | 15 |
| 16 | 5 | 6 | 4 | 1 | 5 | 3 | 4 | 3 | | 16 |
| 17 | 5 | 6 1–2 | 4 | 1 1–4 | 5 | 3 1–2 | 4 | 3 1–4 | | 17 |
| 18 | 5 | 7 | 4 | 1 1–2 | 5 | 4 | 4 | 3 1–2 | | 18 |
| 19 | 5 | 7 1–2 | 4 | 1 3–4 | 5 | 4 1–2 | 4 | 3 3–4 | | 19 |
| 20 | 5 | 8 | 4 | 2 | 5 | 5 | 4 | 4 | 6 1–5 | 20 |
| 21 | 5 | 8 1–2 | 4 | 2 1–4 | 5 | 5 1–2 | 4 | 4 1–4 | | 21 |
| 22 | 5 | 9 | 4 | 2 1–2 | 5 | 6 | 4 | 4 1–2 | | 22 |
| 23 | 5 | 9 1–2 | 4 | 2 3–4 | 5 | 6 1–2 | 4 | 4 3–4 | | 23 |
| 24 | 5 | 10 | 4 | 3 | 5 | 7 | 4 | 5 | | 24 |
| 25 | 5 | 10 1–2 | 4 | 3 1–4 | 5 | 7 1–2 | 4 | 5 1–4 | | 25 |
| 26 | 5 | 11 | 4 | 3 1–2 | 5 | 8 | 4 | 5 1–2 | | 26 |
| 27 | 5 | 11 1–2 | 4 | 3 3–4 | 5 | 8 1–2 | 4 | 5 3–4 | | 27 |
| 28 | 6 | | 4 | 4 | 5 | 9 | 4 | 6 | | 28 |
| 29 | 6 | 0 1–2 | 4 | 4 1–4 | 5 | 9 1–2 | 4 | 6 1–4 | | 29 |
| 30 | 6 | 1 | 4 | 4 1–2 | 5 | 10 | 4 | 6 1–2 | | 30 |
| 31 | 6 | 1 1–2 | 4 | 4 3–4 | 5 | 10 1–2 | 4 | 6 3–4 | | 31 |
| 32 | 6 | 2 | 4 | 5 | 5 | 11 | 4 | 7 | | 32 |
| 33 | 6 | 2 1–2 | 4 | 5 1–4 | 5 | 11 1–2 | 4 | 7 1–4 | | 33 |
| 34 | 6 | 3 | 4 | 5 1–2 | 6 | | 4 | 7 1–2 | | 34 |
| 35 | 6 | 3 1–2 | 4 | 5 3–4 | 6 | 0 1–2 | 4 | 7 3–4 | | 35 |
| 36 | 6 | 4 | 4 | 6 | 6 | 1 | 4 | 8 | | 36 |
| 37 | 6 | 4 1–2 | 4 | 6 1–4 | 6 | 1 1–2 | 4 | 8 1–4 | | 37 |
| 38 | 6 | 5 | 4 | 6 1–2 | 6 | 2 | 4 | 8 1–2 | | 38 |
| 39 | 6 | 5 1–2 | 4 | 6 3–4 | 6 | 2 1–2 | 4 | 8 3–4 | | 39 |
| 40 | 6 | 6 | 4 | 7 | 6 | 3 | 4 | 9 | 6 | 40 |
| 41 | 6 | 6 1–2 | 4 | 7 1–4 | 6 | 3 1–2 | 4 | 9 1–4 | | 41 |
| 42 | 6 | 7 | 4 | 7 1–2 | 6 | 4 | 4 | 9 1–2 | | 42 |
| 43 | 6 | 7 1–2 | 4 | 7 3–4 | 6 | 4 1–2 | 4 | 9 3–4 | | 43 |
| 44 | 6 | 8 | 4 | 8 | 6 | 5 | 4 | 10 | | 44 |
| 45 | 6 | 8 1–2 | 4 | 8 1–4 | 6 | 5 1–2 | 4 | 10 1–4 | | 45 |
| 46 | 6 | 9 | 4 | 8 1–2 | 6 | 6 | 4 | 10 1–2 | | 46 |
| 47 | 6 | 9 1–2 | 4 | 8 3–4 | 6 | 6 1–2 | 4 | 10 3–4 | | 47 |
| 48 | 6 | 10 | 4 | 9 | 6 | 7 | 4 | 11 | | 48 |
| 49 | 6 | 10 1–2 | 4 | 9 1–4 | 6 | 7 1–2 | 4 | 11 1–4 | | 49 |

## SCORING TABLE — Continued.

| Rank | Run. High Kick. | | Run. High Dive. | | Hitch and Kick. | | Double Kick. | | 18-ft. Rope Climb. | Rank |
|---|---|---|---|---|---|---|---|---|---|---|
| | ft. | in. | ft. | in. | ft. | in. | ft. | in. | sec. | |
| 50 | 6 | 11 | 4 | 9 1-2 | 6 | 8 | 4 | 11 1-2 | | 50 |
| 51 | 6 | 11 1-2 | 4 | 9 3-4 | 6 | 8 1-2 | 4 | 11 3-4 | | 51 |
| 52 | 7 | | 4 | 10 | 6 | 9 | 5 | | | 52 |
| 53 | 7 | 0 1-2 | 4 | 10 1-4 | 6 | 9 1-2 | 5 | 0 1-4 | | 53 |
| 54 | 7 | 1 | 4 | 10 1-2 | 6 | 10 | 5 | 0 1-2 | | 54 |
| 55 | 7 | 1 1-2 | 4 | 10 3-4 | 6 | 10 1-2 | 5 | 0 3-4 | | 55 |
| 56 | 7 | 2 | 4 | 11 | 6 | 11 | 5 | 1 | | 56 |
| 57 | 7 | 2 1-2 | 4 | 11 1-4 | 6 | 11 1-2 | 5 | 1 1-4 | | 57 |
| 58 | 7 | 3 | 4 | 11 1-2 | 7 | | 5 | 1 1-2 | | 58 |
| 59 | 7 | 3 1-2 | 4 | 11 3-4 | 7 | 0 1-2 | 5 | 1 3-4 | | 59 |
| 60 | 7 | 4 | 5 | | 7 | 1 | 5 | 2 | 5 4-5 | 60 |
| 61 | 7 | 4 1-2 | 5 | 0 1-4 | 7 | 1 1-2 | 5 | 2 1-4 | | 61 |
| 62 | 7 | 5 | 5 | 0 1-2 | 7 | 2 | 5 | 2 1-2 | | 62 |
| 63 | 7 | 5 1-2 | 5 | 0 3-4 | 7 | 2 1-2 | 5 | 2 3-4 | | 63 |
| 64 | 7 | 6 | 5 | 1 | 7 | 3 | 5 | 3 | | 64 |
| 65 | 7 | 6 1-2 | 5 | 1 1-4 | 7 | 3 1-2 | 5 | 3 1-4 | | 65 |
| 66 | 7 | 7 | 5 | 1 1-2 | 7 | 4 | 5 | 3 1-2 | | 66 |
| 67 | 7 | 7 1-2 | 5 | 1 3-4 | 7 | 4 1-2 | 5 | 3 3-4 | | 67 |
| 68 | 7 | 8 | 5 | 2 | 7 | 5 | 5 | 4 | | 68 |
| 69 | 7 | 8 1-2 | 5 | 2 1-4 | 7 | 5 1-2 | 5 | 4 1-4 | | 69 |
| 70 | 7 | 9 | 5 | 2 1-2 | 7 | 6 | 5 | 4 1-2 | | 70 |
| 71 | 7 | 9 1-2 | 5 | 2 3-4 | 7 | 6 1-2 | 5 | 4 3-4 | | 71 |
| 72 | 7 | 10 | 5 | 3 | 7 | 7 | 5 | 5 | | 72 |
| 73 | 7 | 10 1-2 | 5 | 3 1-4 | 7 | 7 1-2 | 5 | 5 1-4 | | 73 |
| 74 | 7 | 11 | 5 | 3 1-2 | 7 | 8 | 5 | 5 1-2 | | 74 |
| 75 | 7 | 11 1-2 | 5 | 3 3-4 | 7 | 8 1-2 | 5 | 5 3-4 | | 75 |
| 76 | 8 | | 5 | 4 | 7 | 9 | 5 | 6 | | 76 |
| 77 | 8 | 0 1-2 | 5 | 4 1-4 | 7 | 9 1-2 | 5 | 6 1-4 | | 77 |
| 78 | 8 | 1 | 5 | 4 1-2 | 7 | 10 | 5 | 6 1-2 | | 78 |
| 79 | 8 | 1 1-2 | 5 | 4 3-4 | 7 | 10 1-2 | 5 | 6 3-4 | | 79 |
| 80 | 8 | 2 | 5 | 5 | 7 | 11 | 5 | 7 | 5 3-5 | 80 |
| 81 | 8 | 2 1-2 | 5 | 5 1-4 | 7 | 11 1-2 | 5 | 7 1-4 | | 81 |
| 82 | 8 | 3 | 5 | 5 1-2 | 8 | | 5 | 7 1-2 | | 82 |
| 83 | 8 | 3 1-2 | 5 | 5 3-4 | 8 | 0 1-2 | 5 | 7 3-4 | | 83 |
| 84 | 8 | 4 | 5 | 6 | 8 | 1 | 5 | 8 | | 84 |
| 85 | 8 | 4 1-2 | 5 | 6 1-4 | 8 | 1 1-2 | 5 | 8 1-4 | | 85 |
| 86 | 8 | 5 | 5 | 6 1-2 | 8 | 2 | 5 | 8 1-2 | | 86 |
| 87 | 8 | 5 1-2 | 5 | 6 3-4 | 8 | 2 1-2 | 5 | 8 3-4 | | 87 |
| 88 | 8 | 6 | 5 | 7 | 8 | 3 | 5 | 9 | | 88 |
| 89 | 8 | 6 1-2 | 5 | 7 1-4 | 8 | 3 1-2 | 5 | 9 1-4 | | 89 |
| 90 | 8 | 7 | 5 | 7 1-2 | 8 | 4 | 5 | 9 1-2 | | 90 |
| 91 | 8 | 7 1-2 | 5 | 7 3-4 | 8 | 4 1-2 | 5 | 9 3-4 | | 91 |
| 92 | 8 | 8 | 5 | 8 | 8 | 5 | 5 | 10 | | 92 |
| 93 | 8 | 8 1-2 | 5 | 8 1-4 | 8 | 5 1-2 | 5 | 10 1-4 | | 93 |
| 94 | 8 | 9 | 5 | 8 1-2 | 8 | 6 | 5 | 10 1-2 | | 94 |
| 95 | 8 | 9 1-2 | 5 | 8 3-4 | 8 | 6 1-2 | 5 | 10 3-4 | | 95 |
| 96 | 8 | 10 | 5 | 9 | 8 | 7 | 5 | 11 | | 96 |
| 97 | 8 | 10 1-2 | 5 | 9 1-4 | 8 | 7 1-2 | 5 | 11 1-4 | | 97 |
| 98 | 8 | 11 | 5 | 9 1-2 | 8 | 8 | 5 | 11 1-2 | | 98 |
| 99 | 8 | 11 1-2 | 5 | 9 3-4 | 8 | 8 1-2 | 5 | 11 3-4 | | 99 |
| 100 | 9 | | 5 | 10 | 8 | 9 | 6 | | 5 2-5 | 100 |

# SCORING TABLE.

| Rank | 12-lb. Shot. | | 16-lb. Shot. | | 12-lb. Hammer with Turn. | | 16-lb. Hammer with Turn. | | Rank |
|---|---|---|---|---|---|---|---|---|---|
| | ft. | in. | ft. | in. | ft. | in. | ft. | in. | |
| 0 | 18 | | 14 | | 85 | | 75 | | 0 |
| 1 | 18 | 3 | 14 | 3 | 85 | 6 | 75 | 6 | 1 |
| 2 | 18 | 6 | 14 | 6 | 86 | | 76 | | 2 |
| 3 | 18 | 9 | 14 | 9 | 86 | 6 | 76 | 6 | 3 |
| 4 | 19 | | 15 | | 87 | | 77 | | 4 |
| 5 | 19 | 3 | 15 | 3 | 87 | 6 | 77 | 6 | 5 |
| 6 | 19 | 6 | 15 | 6 | 88 | | 78 | | 6 |
| 7 | 19 | 9 | 15 | 9 | 88 | 6 | 78 | 6 | 7 |
| 8 | 20 | | 16 | | 89 | | 79 | | 8 |
| 9 | 20 | 3 | 16 | 3 | 89 | 6 | 79 | 6 | 9 |
| 10 | 20 | 6 | 16 | 6 | 90 | | 80 | | 10 |
| 11 | 20 | 9 | 16 | 9 | 90 | 6 | 80 | 6 | 11 |
| 12 | 21 | | 17 | | 91 | | 81 | | 12 |
| 13 | 21 | 3 | 17 | 3 | 91 | 6 | 81 | 6 | 13 |
| 14 | 21 | 6 | 17 | 6 | 92 | | 82 | | 14 |
| 15 | 21 | 9 | 17 | 9 | 92 | 6 | 82 | 6 | 15 |
| 16 | 22 | | 18 | | 93 | | 83 | | 16 |
| 17 | 22 | 3 | 18 | 3 | 93 | 6 | 83 | 6 | 17 |
| 18 | 22 | 6 | 18 | 6 | 94 | | 84 | | 18 |
| 19 | 22 | 9 | 18 | 9 | 94 | 6 | 84 | 6 | 19 |
| 20 | 23 | | 19 | | 95 | | 85 | | 20 |
| 21 | 23 | 3 | 19 | 3 | 95 | 6 | 85 | 6 | 21 |
| 22 | 23 | 6 | 19 | 6 | 96 | | 86 | | 22 |
| 23 | 23 | 9 | 19 | 9 | 96 | 6 | 86 | 6 | 23 |
| 24 | 24 | | 20 | | 97 | | 87 | | 24 |
| 25 | 24 | 3 | 20 | 3 | 97 | 6 | 87 | 6 | 25 |
| 26 | 24 | 6 | 20 | 6 | 98 | | 88 | | 26 |
| 27 | 24 | 9 | 20 | 9 | 98 | 6 | 88 | 6 | 27 |
| 28 | 25 | | 21 | | 99 | | 89 | | 28 |
| 29 | 25 | 3 | 21 | 3 | 99 | 6 | 89 | 6 | 29 |
| 30 | 25 | 6 | 21 | 6 | 100 | | 90 | | 30 |
| 31 | 25 | 9 | 21 | 9 | 100 | 6 | 90 | 6 | 31 |
| 32 | 26 | | 22 | | 101 | | 91 | | 32 |
| 33 | 26 | 3 | 22 | 3 | 101 | 6 | 91 | 6 | 33 |
| 34 | 26 | 6 | 22 | 6 | 102 | | 92 | | 34 |
| 35 | 26 | 9 | 22 | 9 | 102 | 6 | 92 | 6 | 35 |
| 36 | 27 | | 23 | | 103 | | 93 | | 36 |
| 37 | 27 | 3 | 23 | 3 | 103 | 6 | 93 | 6 | 37 |
| 38 | 27 | 6 | 23 | 6 | 104 | | 94 | | 38 |
| 39 | 27 | 9 | 23 | 9 | 104 | 6 | 94 | 6 | 39 |
| 40 | 28 | | 24 | | 105 | | 95 | | 40 |
| 41 | 28 | 3 | 24 | 3 | 105 | 6 | 95 | 6 | 41 |
| 42 | 28 | 6 | 24 | 6 | 106 | | 96 | | 42 |
| 43 | 28 | 9 | 24 | 9 | 106 | 6 | 96 | 6 | 43 |
| 44 | 29 | | 25 | | 107 | | 97 | | 44 |
| 45 | 29 | 3 | 25 | 3 | 107 | 6 | 97 | 6 | 45 |
| 46 | 29 | 6 | 25 | 6 | 108 | | 98 | | 46 |
| 47 | 29 | 9 | 25 | 9 | 108 | 6 | 98 | 6 | 47 |
| 48 | 30 | | 26 | | 109 | | 99 | | 48 |
| 49 | 30 | 3 | 26 | 3 | 109 | 6 | 99 | 6 | 49 |

# SCORING TABLE—Continued.

| Rank | 12-lb. Shot. | | 16-lb. Shot. | | 12-lb. Hammer with Turn. | | 16-lb. Hammer with Turn. | | Rank |
|---|---|---|---|---|---|---|---|---|---|
| | ft. | in. | ft. | in. | ft. | in. | ft. | in. | |
| 50 | 30 | 6 | 26 | 6 | 110 | | 100 | | 50 |
| 51 | 30 | 9 | 26 | 9 | 110 | 6 | 100 | 6 | 51 |
| 52 | 31 | | 27 | | 111 | | 101 | | 52 |
| 53 | 31 | 3 | 27 | 3 | 111 | 6 | 101 | 6 | 53 |
| 54 | 31 | 6 | 27 | 6 | 112 | | 102 | | 54 |
| 55 | 31 | 9 | 27 | 9 | 112 | 6 | 102 | 6 | 55 |
| 56 | 32 | | 28 | | 113 | | 103 | | 56 |
| 57 | 32 | 3 | 28 | 3 | 113 | 6 | 103 | 6 | 57 |
| 58 | 32 | 6 | 28 | 6 | 114 | | 104 | | 58 |
| 59 | 32 | 9 | 28 | 9 | 114 | 6 | 104 | 6 | 59 |
| 60 | 33 | | 29 | | 115 | | 105 | | 60 |
| 61 | 33 | 3 | 29 | 3 | 115 | 6 | 105 | 6 | 61 |
| 62 | 33 | 6 | 29 | 6 | 116 | | 106 | | 62 |
| 63 | 33 | 9 | 29 | 9 | 116 | 6 | 106 | 6 | 63 |
| 64 | 34 | | 30 | | 117 | | 107 | | 64 |
| 65 | 34 | 3 | 30 | 3 | 117 | 6 | 107 | 6 | 65 |
| 66 | 34 | 6 | 30 | 6 | 118 | | 108 | | 66 |
| 67 | 34 | 9 | 30 | 9 | 118 | 6 | 108 | 6 | 67 |
| 68 | 35 | | 31 | | 119 | | 109 | | 68 |
| 69 | 35 | 3 | 31 | 3 | 119 | 6 | 109 | 6 | 69 |
| 70 | 35 | 6 | 31 | 6 | 120 | | 110 | | 70 |
| 71 | 35 | 9 | 31 | 9 | 120 | 6 | 110 | 6 | 71 |
| 72 | 36 | | 32 | | 121 | | 111 | | 72 |
| 73 | 36 | 3 | 32 | 3 | 121 | 6 | 111 | 6 | 73 |
| 74 | 36 | 6 | 32 | 6 | 122 | | 112 | | 74 |
| 75 | 36 | 9 | 32 | 9 | 122 | 6 | 112 | 6 | 75 |
| 76 | 37 | | 33 | | 123 | | 113 | | 76 |
| 77 | 37 | 3 | 33 | 3 | 123 | 6 | 113 | 6 | 77 |
| 78 | 37 | 6 | 33 | 6 | 124 | | 114 | | 78 |
| 79 | 37 | 9 | 33 | 9 | 124 | 6 | 114 | 6 | 79 |
| 80 | 38 | | 34 | | 125 | | 115 | | 80 |
| 81 | 38 | 3 | 34 | 3 | 125 | 6 | 115 | 6 | 81 |
| 82 | 38 | 6 | 34 | 6 | 126 | | 116 | | 82 |
| 83 | 38 | 9 | 34 | 9 | 126 | 6 | 116 | 6 | 83 |
| 84 | 39 | | 35 | | 127 | | 117 | | 84 |
| 85 | 39 | 3 | 35 | 3 | 127 | 6 | 117 | 6 | 85 |
| 86 | 39 | 6 | 35 | 6 | 128 | | 118 | | 86 |
| 87 | 39 | 9 | 35 | 9 | 128 | 6 | 118 | 6 | 87 |
| 88 | 40 | | 36 | | 129 | | 119 | | 88 |
| 89 | 40 | 3 | 36 | 3 | 129 | 6 | 119 | 6 | 89 |
| 90 | 40 | 6 | 36 | 6 | 130 | | 120 | | 90 |
| 91 | 40 | 9 | 36 | 9 | 130 | 6 | 120 | 6 | 91 |
| 92 | 41 | | 37 | | 131 | | 121 | | 92 |
| 93 | 41 | 3 | 37 | 3 | 131 | 6 | 121 | 6 | 93 |
| 94 | 41 | 6 | 37 | 6 | 132 | | 122 | | 94 |
| 95 | 41 | 9 | 37 | 9 | 132 | 6 | 122 | 6 | 95 |
| 96 | 42 | | 38 | | 133 | | 123 | | 96 |
| 97 | 42 | 3 | 38 | 3 | 133 | 6 | 123 | 6 | 97 |
| 98 | 42 | 6 | 38 | 6 | 134 | | 124 | | 98 |
| 99 | 42 | 9 | 38 | 9 | 134 | 6 | 124 | 6 | 99 |
| 100 | 43 | | 39 | | 135 | | 125 | | 100 |

# ALL-ROUND INDOOR TEST, — RULES AND SCORING TABLE.

*J. H. McCurdy, M.D.*

## I. Events.

The events shall be: (1) marching, (2) calisthenics, (3) parallel bars, (4) side horse, (5) horizontal bar (high or low), (6) one-quarter mile potato race, (7) three standing broad jumps, (8) running high jump, (9) long horse, (10) pole vault for height.

## II. Grades.

The contest shall have the following grades: Elementary, intermediate, and advanced. The elementary grade shall consist of the first six events, the intermediate of the first eight events, and the advanced of the whole ten events.

## III. Order.

The order in each grade shall be: (1) marching, (2) calisthenics, (3) apparatus work, (4) athletic work. In the apparatus and athletic work the clerk of the course shall divide the contestants into as many divisions as apparatus and floor space will allow. No contestant shall on any condition be allowed to change his division.

## IV. Officers.

All meetings shall be under the direction of one referee, six measurers, six judges of apparatus work, three timers, one starter, one scorer, one marshal, and one clerk of the course. The measurers and judges of apparatus work

shall also act as judges in the marching and calisthenics.

### V. Referee.

The referee shall have general charge of all officers, contestants, and games. When appealed to, he shall decide all questions of dispute not otherwise covered in these rules. His decision shall be final. He shall also select the exercises as directed in section 16.

### VI. Measurers.

The measurers shall be judges for the broad jump, the high jump, and the pole vault. They shall also act as judges on the marching and calisthenics. They shall report each contestant's best record to the scorer.

### VII. Judges of Apparatus Work.

The judges on each piece of apparatus shall judge independently. They shall report to the scorer each contestant's ability in each exercise in that special event. Their method shall be as follows: Two points for correct approach to the apparatus, two points for doing the exercise called for, four points for form in that exercise, and two points for leaving the apparatus correctly.

Note.— When whole numbers do not express contestant's ability, decimals may be used.

### VIII. Timers.

One watch shall be held on each runner. The watch shall be started at the *flash* of the pistol. The timers shall report to the scorer each contestant's time at the close of that event.

### IX. Starter.

The starter shall have entire control of the competitors at their marks. The penalties for false starting

shall be as follows: The competitor shall be put back one yard for the first, and another yard for the second offence. A third false start shall disqualify the runner. A false start is where any portion of the person touches the ground in front of the mark before the pistol report.

### X. Scorer.

The scorer shall keep a complete list of all competitors, crediting each man with his performance in each event as reported by the judges, measurers, or timers. He shall place in the lower space the number of points made by contestants in each event as determined by the judges in marching, calisthenics, and apparatus work; also, the number of points in athletic work, as shown by the scoring table.

### XI. Marshal.

The marshal shall have full police charge, and see that the spectators are kept in the place assigned them.

### XII. Clerk of the Course.

The clerk of the course shall furnish each contestant, in regular order, commencing with the tallest, a number by which he shall be known in that competition; he shall also assign to him his division in the contest.

### XIII. Records.

The maximum in each event in this contest shall be thirty points. Each contestant's total number of points in the elementary grade shall be divided by the decimal 1.8, in the intermediate by 2.4, in the advanced by 3. This will reduce each grade to the percentage basis.

### XIV. Marching.

The marching shall occupy not less than ten nor more than fifteen minutes, the judging being done by the

measurers and judges. Contestants shall drill in line, according to number.

### XV. Calisthenics.

In the calisthenic drill the rules in section 14 shall govern.

### XVI. Apparatus Work.

The contest on each piece of apparatus shall consist of three exercises selected by the referee (except in the advanced grade, when one exercise on each apparatus shall be selected by contestant) on the day of competition from a list of ten, said ten exercises to have been determined upon by District, State, Section, or Governing Committee, and forwarded to Associations competing, not less than four weeks before the contest.

*Exception.*— In a local contest the referee shall select the exercises from any of that grade which have been taught during the season.

### XVII. Potato Race.

Seventeen potatoes (or other light objects), and two boxes, four inches deep, twelve inches in diameter, set on stands two feet high, shall be furnished each contestant. The outer edges of these boxes shall be thirty-one feet apart. The runner shall start on the left side of the full potato box from a line parallel to its outer edge, with one potato in his hand. He shall run around both boxes each time, placing one potato in the other box, and finishing at the starting point on the opposite side of his own box. Grasping either stand in any way, failure to run around both boxes, or a failure to transfer all the potatoes singly into the other box, shall disqualify the runner.

### XVIII. Three Standing Broad Jumps.

The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps,

and no stoppage between jumps shall be allowed. Each competitor shall have three trial jumps. He shall be credited with his best performance in those trials. The jumps shall be made from the board floor, and the distance shall be measured from the "scratch line" to the nearest point that is touched by any part of the person.

### XIX. Pole Vaulting and High Jumping.

The bar in the intermediate shall start not lower than five points and in the advanced not lower than ten points (see scoring table). The bar shall be raised in the high jump not less than two inches at each elevation, and in the pole vault not less than four inches. Contestants shall jump in regular order, as called by measurer. Contestant may omit his trial at any height, but shall not be allowed to try that height should he fail on the next elevation. The jump shall be made over a bar flat on all sides, displacement of the bar counting as a "try." Each contestant shall be allowed not to exceed ten trials. Three failures at any height shall debar contestant from further trials in that event. Contestants shall be credited with their best performance, according to the rules. Two balks shall count as a try. A balk is crossing a line six feet from and parallel with the standards. The run shall be limited to thirty-two feet.

### XX. Diplomas.

A total of 65 points (elementary work) shall entitle contestant to elementary certificate and the right to wear the emblem of that grade; a total of 70 points (intermediate work) to an intermediate certificate with its emblem; a total of 75 points (advanced work) shall entitle contestant to a diploma and emblem. For method of obtaining points, see rule 13. Contestants must present their certificates of lower grades before they can enter as contestants in higher ones.

## Scoring Table.

| Rank | High Jump. | | 3 Standing Broad Jump. | | Pole Vault. | | Potato Race. | | Rank |
|---|---|---|---|---|---|---|---|---|---|
| | ft. | in. | ft. | in. | ft. | in. | min. | sec. | |
| 0 | 3 | 1 | 17 | | 5 | 3 | 2 | 15 | 0 |
| 1 | 3 | 2 | 17 | 6 | 5 | 4 1-2 | 2 | 14 | 1 |
| 2 | 3 | 3 | 18 | | 5 | 6 | 2 | 13 | 2 |
| 3 | 3 | 4 | 18 | 6 | 5 | 7 1-2 | 2 | 12 | 3 |
| 4 | 3 | 5 | 19 | | 5 | 9 | 2 | 11 | 4 |
| 5 | 3 | 6 | 19 | 6 | 5 | 10 1-2 | 2 | 10 | 5 |
| 6 | 3 | 7 | 20 | | 6 | | 2 | 9 | 6 |
| 7 | 3 | 8 | 20 | 6 | 6 | 1 1-2 | 2 | 8 | 7 |
| 8 | 3 | 9 | 21 | | 6 | 3 | 2 | 7 | 8 |
| 9 | 3 | 10 | 21 | 6 | 6 | 4 1-2 | 2 | 6 | 9 |
| 10 | 3 | 11 | 22 | | 6 | 6 | 2 | 5 | 10 |
| 11 | 4 | | 22 | 6 | 6 | 7 1-2 | 2 | 4 | 11 |
| 12 | 4 | 1 | 23 | | 6 | 9 | 2 | 3 | 12 |
| 13 | 4 | 2 | 23 | 6 | 6 | 10 1-2 | 2 | 2 | 13 |
| 14 | 4 | 3 | 24 | | 7 | | 2 | 1 | 14 |
| 15 | 4 | 4 | 24 | 6 | 7 | 1 1-2 | 2 | | 15 |
| 16 | 4 | 5 | 25 | | 7 | 3 | 1 | 59 | 16 |
| 17 | 4 | 6 | 25 | 6 | 7 | 4 1-2 | 1 | 58 | 17 |
| 18 | 4 | 7 | 26 | | 7 | 6 | 1 | 57 | 18 |
| 19 | 4 | 8 | 26 | 6 | 7 | 7 1-2 | 1 | 56 | 19 |
| 20 | 4 | 9 | 27 | | 7 | 9 | 1 | 55 | 20 |
| 21 | 4 | 10 | 27 | 6 | 7 | 10 1-2 | 1 | 54 | 21 |
| 22 | 4 | 11 | 28 | | 8 | | 1 | 53 | 22 |
| 23 | 5 | | 28 | 6 | 8 | 1 1-2 | 1 | 52 | 23 |
| 24 | 5 | 1 | 29 | | 8 | 3 | 1 | 51 | 24 |
| 25 | 5 | 2 | 29 | 6 | 8 | 4 1-2 | 1 | 50 | 25 |
| 26 | 5 | 3 | 30 | | 8 | 6 | 1 | 49 | 26 |
| 27 | 5 | 4 | 30 | 6 | 8 | 7 1-2 | 1 | 48 | 27 |
| 28 | 5 | 5 | 31 | | 8 | 9 | 1 | 47 | 28 |
| 29 | 5 | 6 | 31 | 6 | 8 | 10 1-2 | 1 | 46 | 29 |
| 30 | 5 | 7 | 32 | | 9 | | 1 | 45 | 30 |

# EXERCISES FOR ELEMENTARY GRADE IN THE INDOOR TEST.

The following groups of exercises, with the exception of the marching, have not been adopted by the Governing Committee, but are published with its approval, as it seemed desirable that some degree of uniformity exist in the examinations held in the different parts of the country, and no other recommendations have been received.

It is believed that the exercises recommended are well adapted to the purpose in mind, and it is the experience of those already using them that there is a decided advantage in having such mapped-out groups. The exercises on the apparatus are not presented in the form in which they should be used. Each exercise is supposed to represent the result of a series of movements. In selecting exercises from these groups the physical director must use his own judgment. A few general suggestions, however, are offered: The exercises in each group should include some of the more easy and some of the more difficult movements. The preparatory work for each examination should include at least one exercise from each group on each piece of apparatus.

The general conditions which all these exercises fulfill are those which obtain in most of our Associations,

NOTE.— The marching was recommended by the Physical Directors' Conference and has been adopted by the Governing Committee. The dumb-bell drill was recommended by the Physical Directors' Conference and has gone into general use, but has not been officially adopted. The work on the parallel bars and on the side horse was recommended by the Physical Directors' Conference. The work of the high horizontal bar was prepared at the Eastern Physical Directors' Conference. The low horizontal bar work was prepared by Dr. J. H. McCurdy and Dr. Luther Gulick.

namely: The work must be adapted to a large membership and a comparatively small floor space. Each individual must leave the apparatus in such a direction as not to interfere with the prompt approach of the man following him. Each exercise must take but two or three seconds, so that the men may participate in rapid succession. No exercise demanding great strength is included, it being preferred to have a large number of exercises, each involving a slight degree of effort. As great a variety as possible has been given the exercises that there may be a steady maintenance of interest. The exercises have also been prepared from a physiological standpoint. It will be found that they call for vigorous exercise of the trunk muscles, and that the heart and lungs are vigorously exercised as well. Just so far as possible, each exercise is of a character to allow a new member to attempt it without danger to himself, although many will require a long time in order to master it.

Only exercises for the elementary grade have been given, because these are needed for qualification in the Indoor Test.

The work involved should cover one year's gymnastic practice. Work for the intermediate grade will probably be added next year. A number of physical directors feel that the work should be graded into five divisions instead of three. To these it is suggested that the intermediate and the advanced grades be each divided into two, together with their suitable examinations. The argument is advanced that there is too much work — too many exercises — in the intermediate and advanced grades to be covered in single years. It should be distinctly borne in mind that the object is not to grade exercises, but to grade men; that it is not proposed to have a man learn all of the exercises which would naturally correspond to that degree of difficulty, but only a few representative exercises in each group. That which is sought is a certain

degree of proficiency on the part of the pupil. This is fundamental. Thus in the elementary grade it would be easy to produce ten times as many exercises as we have shown which would correspond with this degree of difficulty, but it is believed that the mastery of those outlined here will be sufficient to give the pupil the degree of proficiency which is expected in the graduates from the elementary grade. This is even more true in the intermediate and advanced grades. Comparison may well be made with any other branch of education; for example, a pupil is not required to master all the possible phases of mathematics of a given degree of difficulty before proceeding to the next, but only a few representative examples under each principle. He is not expected to perform every possible operation in addition before taking up subtraction. He is supposed to secure a certain degree of proficiency on a comparatively small part of the whole range of mathematical possibilities of that degree of difficulty, and then to proceed to that which is more difficult. It is believed that this is the key to one of the great perplexities that have been before our physical directors for the last three or four years.

# MARCHING, FOR GYMNASIUM USE.

*Alfred T. Halsted, M.D.*

## Introduction.

A tour among the gymnasiums of our land would doubtless reveal as great diversity in methods of handling men and boys upon the floor as in the character of the exercises given. Everything from the general rush for dumb-bells and the scrambling for "spots" on the floor to the nearest possible approach to military methods would probably be found.

There is no questioning the fact that an orderly way of getting about the gymnasium in class work is conducive to the best interests of the work in general, favoring discipline, self-respect and good carriage, respect for the leader, and *esprit de corps*.

It is desirable that marching orders in the gymnasium should conform as nearly as practicable to those used in military drill, for the sake of uniformity, and to avoid adverse criticism from those accustomed to military tactics.

Certain modifications and peculiarities are necessary or desirable, however, to meet the need of the gymnasium. Where such changes are made it is well to make them agree as nearly as possible with the military form. The writer is indebted to "Infantry Drill Regulations, U. S. Army," for much of the material from which this arrangement is compiled.

The company formation with officers is not followed. In forming the line it is formed single in depth, and every man is as a private in the ranks.

It is hoped that what follows will prove helpful to many who wish to improve in their floor methods.

### Daily Marching Programs.

For convenience commands are here arranged in short programs, somewhat progressive in the order given, each including a method of getting on the floor in position for calisthenic work, and getting off to put up apparatus.

The end of the line at which the shorter men shall be placed and from which the counting off shall begin, the direction of the facings, and the changes of direction commanded while marching, must necessarily be varied according to the arrangement and size of the gymnasium.

If a command involving change in the formation of the column is given when the column is executing a change of direction, it may be preferable to follow the general rule that the second command shall not be executed by the rear of the column till the turn is made. This avoids much confusion at the turn.

### Program I.

1. FALL IN COLUMN.
2. ATTENTION.
3. 1. Left (or right), 2. FACE.
4. 1. Break ranks, 2. MARCH.
5. FALL IN LINE.
6. FRONT.
7. Count off by fours, from right (or left) flank.
8. 1. Front take distance, 2. MARCH.
9. 1. Assemble, 2. MARCH.
10. 1. Right hand, 2. SALUTE.
11. 1. Break ranks, 2. MARCH.

### Explanations.

1. *Fall in column.* The men form in single column, that is, one behind another according to height, the shortest man

at the head of the column, each placing his hands on the shoulders of the man before him with arms straight and standing perfectly erect. This places the taller men in the rear, which is preferable in arranging the men on the floor for calisthenic work.

2. *Attention.* Each man drops his arms to his sides and takes the position of the soldier as follows: Heels on the same line and as near each other as the conformation of the man permits; feet turned out equally and forming with each other an angle of about ninety degrees; knees straight and without stiffness; body erect on the hips, inclining a little forward, shoulders square and falling equally; arms and hands hanging naturally, backs of the hands outward, elbows near the body; head erect and square to the front, chin slightly drawn in, without restraint; eyes straight to the front.

3. 1. *Left* (*or right*), 2. *FACE.* The Swedish method of facing is used, as it gives better base and greater steadiness.

To face to the left, make a quarter turn on the left heel and the ball or toe of the right foot, lift the right foot and place it beside the left; to turn to the right, make a quarter turn on the right heel and the ball of the left foot, lift the left foot and place beside the right.

*About, FACE,* means a half turn to the right, executed as above.

*Left about, FACE,* means a half turn to the left.

4. 1. *Break ranks,* 2. *MARCH.* At the command *March* the line is broken, the company being dismissed.

5. *Fall in line.* This is the "Fall In" of U.S. Tactics, but the word "line" is added to distinguish it from the column formation. Each man takes his place according to height, in "dress" position, as follows, the short men being on the right flank:

Close the left hand, place the knuckles against the waist just above the hip, wrist straight, back of hand to

the front. The eyes should be turned slightly to the right, and each man should either move by short side steps to the right till he touches the elbow of his neighbor, or give way from that direction till there is no crowding, and retain his position till the next command, which should always be *Front.* If the short men are on the left flank, the line is dressed to the left, the left hand being on the hip as before.

6. *Front.* Each man drops his arm to his side and turns his eyes to the front.

7. *Counting off.* Each man should turn his head as he speaks his number, thus giving the clue to his next neighbor, immediately turning to the front again. Count off from the flank on which the shorter men are ranged.

8. 1. *Front take distance,* 2. *MARCH.* What the intervals shall be in this command is determined by the arrangement of the men. If in line, as in this case, numbers 1 remain in place, numbers 2 take four steps, numbers 3 take two steps, and numbers 4 take six steps.

At the command *March* all move forward, except numbers 1, each stopping when he has taken his number of steps. If desired, numbers 1 and 3 may be given one side step to the left, when they will be immediately behind numbers 2 and 4.

The shape of the gymnasium will determine the best number in which to count off and the best intervals to be given. If the gymnasium is narrow and the leader is at the end, it is well to form the line along the side, and after taking intervals, face them toward the platform.

9. 1. *Assemble.* 2. *MARCH.* Those in the front rank stand fast; the others move forward to their place in the line. If preferred, each line may wait until those behind have come abreast.

10. 1. *Right hand,* 2. *SALUTE.* Raise the right hand smartly till the forefinger touches the forehead or the lower part of the head-dress above the right eye,

thumb and fingers extended and joined, palm to the left, forearm inclined at about forty-five degrees, hand and wrist straight. At the command *two* (2) the arm is dropped quietly to the side.

In the use of these programs where two directions are given, one in parenthesis, the first right through will preserve the order of the line.

The different commands may be repeated for practice, in which case the order of the program should be resumed, in order to work it out right.

There are two kinds of commands:

The *preparatory* command, such as *forward*, indicates the movement that is to be executed.

The command of *execution*, such as *MARCH* or *HALT*, calls for the execution.

Commands of execution are distinguished by CAPITALS.

The *preparatory* command should be given at such an interval of time before the command of execution as to admit of its being properly understood; the command of *execution* should be given at the instant the movement is to commence.

The tone of command is animated, distinct, and of a loudness proportioned to the number of men under instruction.

Each *preparatory* command is pronounced in an ascending tone of voice, but always in such a manner that the command of execution may be more energetic and elevated.

The command of *execution* is pronounced in a firm and brief tone.

When the execution of a movement is improperly begun and the instructor wishes to begin it anew for the purpose of correcting it, he commands, AS YOU WERE, at which the movement ceases and the former position is resumed.

PROGRAM II.

1. FALL IN LINE. (81)
2. FRONT. (82)
3. Count off by fours, from right (or left) flank. (82)
4. 1. Right, 2. FACE. (81)
5. 1. Forward, 2. MARCH.
6. 1. Column left (or right), 2. MARCH.
7. 1. Column left (or right) about, 2. MARCH.
8. 1. Form twos, 2. Right (or left) oblique, 3. MARCH.
9. 1. Left (or right) by file, 2. MARCH.
10. 1. Mark time, 2. MARCH.
11. 1. Company, 2. HALT.
12. 1. Left (or right), 2. FACE.
13. 1. Front take distance, 2. MARCH. (82)
14. 1. Assemble, 2. MARCH. (82)

EXPLANATIONS.

Explanations which have already been given will be referred to by page, to save space, thus: (82).

5. 1. *Forward*, 2. *MARCH.* March straight forward, advancing the left foot first, taking steps thirty inches in length, at the rate of from 100 to 120 per minute; the latter is the cadence of "quick time," U. S. Army.

Care should be taken to have every man start at the same instant, at the command *March*, and that when marching in column of files, the uniform distance of arms length between the men be retained.

6. 1. *Column left (or right)*, 2. *MARCH.* The leading man wheels to the left (or right), the other men follow the first and wheel on the same ground. This must be put in whenever necessary to turn corners.

When turning to the left, the command *March* should be given as the left foot of the leader strikes the floor; the right is then advanced, the turn is made on the balls

of both feet, and the left foot is advanced in the new direction. The reverse is observed in turning to the right.

7. 1. *Column left* (*or right*) *about*, 2. *MARCH.* Executed as above, except that the leader wheels in a short half-circle and marches in the opposite direction; those following wheel on the same spot.

8. 1. *Form twos*, 2. *Right* (*or left*) *oblique*, 3. *MARCH.* At the command *March*, numbers 1 and 3 take short steps, or, if room is limited, mark time, till numbers 2 and 4 have obliqued to their sides, respectively, in the direction commanded, when the march is resumed by twos.

9. 1. *Left* (*or right*) *by file*, 2. *MARCH.* At the command *March* the left (or right) man moves forward, the other marking time till disengaged, when he obliques into line behind the others to form column of "files" or single column. Each man must regulate his step so as to keep within arm's length of the next man ahead. Command so as to bring number 1 at the head of the column.

10. 1. *Mark time*, 2. *MARCH.* At the command *March*, given as either foot is coming to the floor, continue the cadence and make a semblance of marching, without gaining ground, by alternately advancing each foot about half its length, and bringing it back on the line with the other.

To resume the full step: 1. Forward, 2. MARCH.

11. 1. *Company*, 2. *HALT.* At the command *Halt*, given as either foot is coming to the floor, one full step is taken and the rear foot is then brought up and planted without shock by the side of the other.

In this and in succeeding series dumb-bells or other apparatus may be taken while marching in column of files, in which case the command *Short Step* (fifteen inches) may be given, to give time to get apparatus and close up to proper distance.

At the end, if hand apparatus has been taken, a facing command may be given, followed by marching commands

for putting away apparatus. Otherwise, *Salute* and *Break ranks* may be given.

PROGRAM III.

1. FALL IN LINE. (81)
2. FRONT. (82)
3. Count off by fours. (82)
4. 1. Twos right (or left), 2. MARCH.
5. 1. Column left (or right), 2. MARCH.
6. 1. Column left (or right) about, 2. MARCH.
7. 1. Column right, 2. MARCH.
8. 1. Form fours, 2. Left (or right) oblique, 3. MARCH.
9. 1. Right (or left) by twos, 2. MARCH.
10. 1. Right (or left) by file, 2. MARCH. (85)
11. 1. Company, 2. HALT.
12. 1. Left (or right), 2. FACE. (81)
13. 1. Front take distance, 2. MARCH. (82)
14. 1. Assemble, 2. MARCH. (82)

EXPLANATIONS.

4. 1. *Twos right (or left)*, 2. *MARCH.* In executing twos right, numbers 1 and 3 are pivot men, and mark time, turning by short steps to a *right face* from previous position, numbers 2 and 4 wheeling round by regulation steps to face in the new direction, keeping his "dress" distance with the man at his side. In executing twos left, numbers 2 and 4 are pivot men. The twos having wheeled through a quarter circle, the column of twos thus formed marches straight forward till further command is given.

5. 1. *Column left (or right)*, 2. *MARCH.* At the command *March* the leading two execute the change of direction as in twos right (or left), each succeeding two wheeling on the same ground.

6. 1. *Column left* (*or right*) *about*. 2. *MARCH*. The pivot acts as a movable pivot in this case, turning by short steps through half of a small circle (twenty inches); the man on the marching flank, as the end of a line describing the larger circle is called, takes regulation steps, the pivot turning slowly to face around with him. Having faced in the opposite direction, the head of the column moves off in the new direction, each succeeding two wheeling on the same ground.

8. 1. *Form fours*, 2. *Left* (*or right*) *oblique*, 3. *MARCH*. At the command *March* the leading two of each four take short steps; the rear two oblique in the direction commanded till they uncover the forward two, when they move to the front. The four being formed, the regulation step is resumed. (Fig. 1.)

Fig. 1

9. 1. *Right* (*or left*) *by twos*, 2. *MARCH*. The two on the side indicated in the command move straight forward; the remaining two mark time till disengaged, when they oblique into their place behind the others.

*Oblique Marching*. Each man half faces to side indicated, at the same time stepping in the new direction. He preserves his relative position, keeping his shoulders parallel with those of the man at his side, and so regulates his step as to keep a line drawn through him and the man at his side parallel with such a line drawn when marching forward, abreast. (See A B, Fig. 2.)

The file lines from front to rear should be straight and parallel with the original line of march. (See C D, Fig. 2.)

At the command *Forward, MARCH*, each man half faces to the direction from which he turned and the original direction is taken.

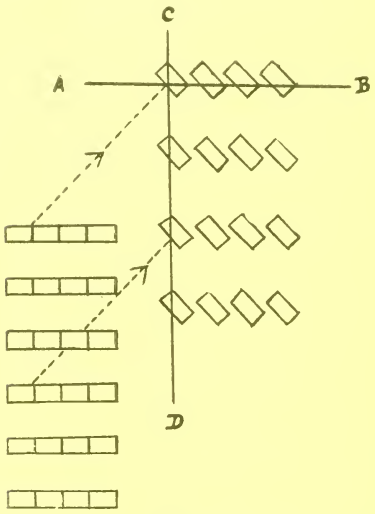



Fig. 2.

PROGRAM IV.

1. FALL IN COLUMN. (80)
2. ATTENTION.
3. 1. Left, 2. FACE.
4. Count off by fours.
5. 1. Fours right (or left), 2. MARCH.
6. 1. Column left (or right), 2. MARCH.
7. 1. Right (or left) by file, 2. MARCH.
8. 1. Company, 2. HALT.

9. 1. Left (or right), 2. FACE.
10. 1. Front take distance, 2. MARCH.
11. 1. Assemble, 2. MARCH.

EXPLANATIONS.

5. 1. *Fours right* (*or left*), 2. *MARCH.* Each four wheel ninety degrees to the right (or left) on a fixed pivot, the pivot turning strictly in his place. The man on the marching flank maintains the full step, moving on the arc of a circle with the pivot man as a center. The men dress on the marching flank, shorten their steps according to their distance from it, and keep their intervals from the pivot. Having executed the quarter turn, the column of fours thus formed marches forward till another command is given. (Fig. 3.)

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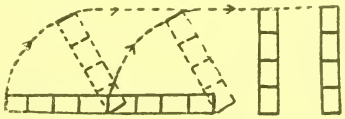


**Fig. 3.**

6. 1. *Column left* (*or right*), 2. *MARCH.* The leading four execute a turn of ninety degrees in the direction indicated, as described above; the rest wheel on the same ground.

7. 1. *Right* (*or left*) *by file*, 2. *MARCH.* Executed as from twos. (85)

PROGRAM V.

1. FALL IN LINE.
2. FRONT.
3. Count off double ones and twos.

4. 1. Right (or left), 2. FACE. (81)
5. 1. Forward, 2. MARCH. (84)
6. 1. Form twos, 2. Left (or right) oblique, 3. MARCH. (85)
7. Bring column up facing platform.
8. 1. Open order, 2. MARCH.
9. 1. Close order, 2. MARCH.
10. 1. Forward, 2. Column left (or right), 3. MARCH.
11. 1. Right (or left) by file, 2. MARCH.

EXPLANATIONS.

3. *Count off double ones and twos.* The first two take the number one; the third and fourth, two; the fifth and sixth, one, etc.

8. 1. *Open order*, 2. *MARCH.* This is a Swedish method, and either as given here or as will be given later is a very good one. At first, to secure precision of execution, count one, two, three, after giving the command.

1. All take one side step outward.
2. All take one side step outward.
3. Numbers 1 take one side step to the left, numbers 2 one side step to the right.

9. 1. *Close order*, 2. *MARCH.* Count as in No. 8, one, two, three, till precision is obtained.

1. Ones, one step to right, twos, one step to left.
2. All one step inward.
3. All one step inward.

10. 1. *Forward*, 2. *Column left* (*or right*), 3. *MARCH.* This command puts the column in motion and changes direction at the same time.

PROGRAM VI.

1. FALL IN COLUMN.
2. ATTENTION.
3. Count off triple ones and twos.
4. 1. Right (or left), 2. FACE.

5. 1. Forward, 2. Column left (or right) about, 3. MARCH. (85 and 87)
6. 1. Column right (or left), 2. MARCH.
7. 1. Form threes, 2. Right (or left) oblique, 3. MARCH.
8. Bring up facing platform.
9. 1. Open order, 2. MARCH.
10. 1. Close order, 2. MARCH.
11. 1. Forward, 2. Column left (or right), 3. MARCH.
12. 1. Left (or right) by file, 2. MARCH.

EXPLANATIONS.

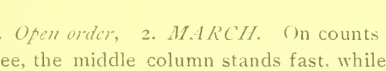
3. *Count off triple ones and twos.* First three number 1, second three number 2, etc.

7. *Forming threes.* Executed as in forming twos and fours.

9. 1. *Open order*, 2. *MARCH.* On counts one, two, and three, the middle column stands fast, while the rest take one step outward.

On count four, ones take one step left, twos one step right.

This will place the men as follows:




10. 1. *Close order*, 2. *MARCH.* On count one, ones take one step right, twos one step left.

On counts two, three and four, the middle column stands fast, while the rest take one step inward.

PROGRAM VII.

1. FALL IN COLUMN.
2. ATTENTION.
3. 1. Left (or right), 2. FACE.

4. Count off by fours.
5. 1. Fours right (or left), 2. MARCH. (89)
6. 1. Column left (or right), 2. MARCH. (89)
7. 1. By the left (or right) flank, 2. MARCH.

Repeat for practice, and from column of fours give

8. 1. Right (or left) by file, 2. MARCH.
9. 1. Fours by the left (or right) flank, 2. Take intervals, 3. MARCH.
10. 1. Right, 2. FACE.
11. 1. Forward, 2. Close order, 3. MARCH.
12. 1. Column left about, 2. MARCH.

EXPLANATIONS.

7. 1. *By the left (or right) flank*, 2. *MARCH*. At the command *March*, given as the left foot strikes the ground for left flank, or as the right foot strikes the ground for right flank, advance the other foot, turn in the direction indicated, on the balls of both feet, and step off in the new direction with the foot on the side to which the flank movement is to be executed. Give the same command, with the opposite direction, to resume column of fours. (Fig. 4.)

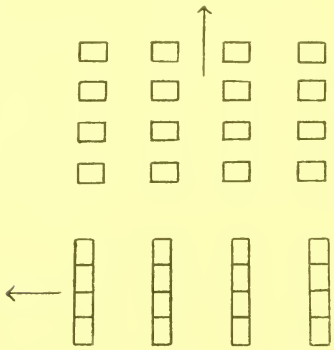


**Fig. 4.**

9. 1. *Fours by the left* (*or right*) *flank*, 2. *Take intervals*, 3. *MARCH*. This command may be given when the men are marching in column of files across the gymnasium on the side opposite the platform, to bring them toward the platform for calisthenic work. The preparatory command must be given at such time that the command of execution may be given as the first four are just opposite the platform. The four will execute the flank movement as taught under No. 7 of this series.

The "intervals," in this case, will be a space of from six to seven feet between each two men, and may be taken by raising the arms to side horizontal and allowing from six inches to a foot between the outstretched hands. The men spread out as they march toward the platform. Only the command *MARCH* need be repeated for succeeding fours to indicate when the flank turn is to be made. They then spread out, dressing behind the front rank, at an interval of six to seven feet behind them. (Fig. 5.)

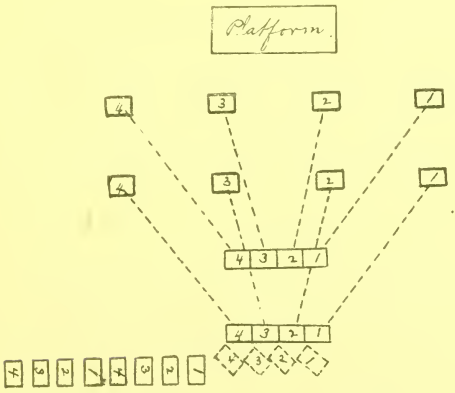
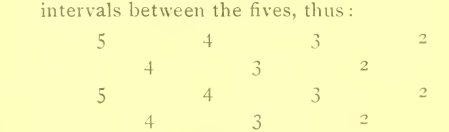



Fig. 5.

If desired, the men may be commanded to count off by fives and fours, and the fours instructed to dress in the intervals between the fives, thus:




11. 1. *Forward*, 2. *Close order*, 3. *MARCH.* At the command *March* the head of each column of files marks time, while those behind close to arm's length, when all mark time till the next command is given.

12. 1. *Column left about*, 2. *MARCH.* When arranged in this manner this command is to be executed as follows: The column on the left executes left about, and each column on the right successively falls into place in the rear of the forming column-of-the-whole.

### Program VIII.

1. FALL IN LINE.
2. FRONT.
3. Count off by fours.
4. 1. Fours left (or right), 2. MARCH.
5. 1. Company, 2. HALT.
6. 1. Right, 2. FACE.
7. 1. Front take distance, 2. MARCH.
8. 1. Twos and fours two side steps to right (or left), 2. MARCH.
9. 1. Twos and fours two side steps to left (or right), 2. MARCH.
10. 1. Forward, 2. Close order, 3. MARCH.
11. 1. Column right (or left), 2. MARCH.

### Explanations.

5. 1. *Company*, 2. *HALT.* Given when fours come to an angle of ninety degrees from original position.

7. 1. *Front take distance*, 2. *MARCH.* When in this position this command means that the forward man shall take six paces, the next four, the next two, and the last remain in place; or such similar intervals as the dimensions of the gymnasium make desirable.

8 and 9. These are self-explanatory, the latter to be given after calisthenic work.

11. 1. *Column right* (*or left*), 2. *MARCH.* To be executed like No. 12, page 94.

In place of this way of getting into march, after No. 10 has been executed and *Halt* called, Left (or right) *Face* may be given, followed by Fours right (or left) *March*, and Company, *Halt*, as they come into line. A facing command will then form the column.

## Program IX.

1. FALL IN LINE.
2. FRONT.
3. Count off by fours.
4. 1. Right forward, 2. Fours right, 3. MARCH.
5. 1. Right by file, 2. MARCH.
6. 1. Form fours, 2. Left (or right) oblique, 3. MARCH
7. 1. To the right (or left) take intervals, 2. MARCH.
8. 1. To the left (or right) assemble, 2. MARCH.
9. Put in column of files in any way desired.

## Explanations.

4. 1. *Right forward*, 2. *Fours right*, 3. *MARCH.* At the command *MARCH* the right four moves straight to the front, shortening the first three or four steps; the other fours wheel to the right, each on a fixed pivot, the second four, when its wheel is two-thirds completed, wheels to the left on a movable pivot, and follows the first; the other fours, having wheeled to the right, move

forward, and each wheels to the left on a movable pivot to follow the second.

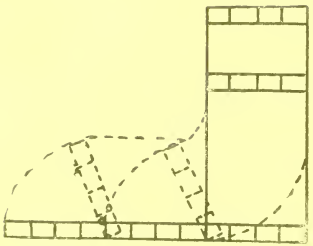


Fig. 6.

6. 1. *Form fours*, 2. *Left* (*or right*) *oblique*, 3. *MARCH.* In forming fours from column of files, No. 1 or No. 4, whichever may be the leading man of each four, marks time till the others of the four are abreast, when the full step is resumed.

7. 1. *To the right* (*or left*) *take intervals*, 2. *MARCH.* Having brought the column of fours up to the side of the room and halted them, and having assigned to the three men on the side toward which the movement is to be executed the intervals, 9, 6, and 3 paces, or 12, 8, and 4 paces, the above command is executed as follows: at the command *March* the three men who are to take intervals turn and march, each his required distance, and then face forward; the fourth man remains in place.

8. 1. *To the left* (*or right*) *assemble*, 2. *MARCH.* This is executed the reverse of the above. The man on the side to which the men are commanded to assemble stands fast; the rest turn, on the command *March*, move to within facing distance, and face forward.

PROGRAM X.

1. FALL IN LINE.
2. FRONT.
3. 1. Forward, 2. Guide right (or left). 3. MARCH.
4. 1. Fours right (or left), 2. MARCH.
5. 1. Fours left (or right) about, 2. MARCH.
6. 1. Fours right, 2. MARCH, 3. Guide right (or left).
7. 1. To the rear, 2. MARCH.
8. 1. By the left flank, 2. MARCH.
9. 1. Company, 2. HALT.
10. 1. Front take distance, 2. MARCH.
11. 1. Assemble, 2. MARCH.

EXPLANATIONS.

3. 1. *Forward*, 2. *Guide right* (*or left*), 3. *MARCH*. The men step off, the guide marching straight to the front. The men preserve their intervals toward the side of the guide, yielding to pressure from that side and resisting pressure from the opposite direction. While habitually keeping the head to the front, they may occasionally glance toward the side of the guide to preserve alignment and intervals. The head is turned as little as possible for this purpose.

4. 1. *Fours right* (*or left*), 2. *MARCH*. Having turned through ninety degrees, the column of fours thus formed marches straight forward.

5. 1. *Fours left* (*or right*) *about*, 2. *MARCH*. Each four turns through a half circle on a fixed pivot, and the column of fours thus formed in reversed order marches straight forward.

6. 1. *Fours right*, 2. *MARCH*, 3. *Guide right* (*or left*). The guide is announced as the fours come into line.

7. 1. *To the rear.* 2. *MARCH.* At the command *March*, given as the right foot strikes the ground, advance and plant the left; then turn on the balls of both feet, face to the right about, and immediately step off with the left foot.

MISCELLANEOUS.

Following are a few commands which may be needed or desired occasionally, but which have been given no special place in the "Daily Programs."

1. *Short step,* 2. *MARCH.* Take steps of fifteen inches. The full step is resumed at the commands 1. *Forward,* 2. *MARCH.*

1. *Backward.* 2. *MARCH.* Step back with the left foot fifteen inches straight to the rear, measuring from heel to heel, then with the right foot, and so on, the feet alternating.

1. *Left (or right) step,* 2. *MARCH.* Carry the left foot twelve inches to the left, keeping knees straight and shoulders square to the front. As soon as the left foot is planted bring the right foot to the side of it, and continue the movement, observing the cadence for each foot, as for quick time.

1. *Change step,* 2. *MARCH.* Given when in march. At the command *March*, given as the right foot comes to the floor, the left foot is advanced and planted. The toe of the right is then advanced near the heel of the left, the man again stepping off with the left. The change on the right foot is similarly executed, the command *March* being given as the left foot strikes the floor.

When men are seen to be out of step, the command *Step* is given. The step is then taken from the head of the column, those out of step catching the step as indicated above.

1. *On tiptoe,* 2. *MARCH.* This is convenient sometimes for exercise of calf muscles or to correct heavy, flat-footed marching. It needs no explanation.

1. *Right (or left) side skip*, 2. *MARCH.* This may be given with the run on a running track or in the field for vigorous exercise and to develop the muscles of the side and inner thighs.

Turn, facing at right angles to the direction in which the skip is to be executed, for example, to the right; spring sideways thirty-six inches or more, landing on the ball of the right foot, the knee bending sufficiently for a springy movement. Spring again to the right, bringing the left down in the place of the right as the right is carried to the side in the next skip. From eighty to one hundred skips per minute is a good rate.

*Quick time.* This is the usual cadence, 120 steps, of thirty inches each, per minute.

*Double time.* One hundred and eighty steps, of thirty-six inches each, per minute. Command, 1. *Forward*, 2. *Double time*, 3. *MARCH.* At the command *Forward* throw the weight of the body on the right leg; at the command *Double time* raise the hands till the forearms are horizontal, fingers closed, nails toward the body. elbows to the rear.

At the command *March* carry forward the left foot, leg slightly bent, knee somewhat raised, and plant the foot thirty-six inches from the right; continue this alternate movement of the feet, throwing the weight of the body forward, and allowing a natural swinging motion of the arms. To resume ordinary cadence, command 1. *Quick time*, 2. *MARCH.*

## Field Drill.

The following is a drill which may be used as arranged, when there is room for more extended manœuvers, as in a field. It is based on the same formation as already given for use in the gymnasium, and is only an extension of gymnasium tactics, which may be of use sometimes in place of regular military formation and training.

Only such explanations as have not already been given will be included here.

1. FALL IN COLUMN.
2. ATTENTION.
3. 1. Left (or right), 2. FACE, or
1. FALL IN.
2. 1. Right (or left), 2. DRESS.
3. FRONT.
4. Count off by fours (from right flank).
5. 1. Right, 2. FACE.
6. 1. Mark time, 2. MARCH.
7. 1. Forward, 2. MARCH.
8. 1. Column left (or right), 2. MARCH.
9. 1. Column left (or right) about, 2. MARCH.
10. 1. Form twos, 2. Left (or right) oblique, 3. MARCH.
11. Changes of direction in column of twos.
12. 1. Form fours, 2. Left (or right) oblique, 3. MARCH.
13. 1. Column left (or right), 2. MARCH.
14. 1. Change step, 2. MARCH.
15. 1. Right (or left) by twos, 2. MARCH.
16. 1. Right (or left) by file, 2. MARCH.
17. 1. Form fours, 2. Left (or right) oblique, 3. MARCH.
18. 1. Incline to the left (or right), 2. MARCH.
19. 1. Forward, 2. MARCH.
20. 1. Left (or right) oblique, 2. MARCH.
21. 1. Forward, 2. MARCH.
22. 1. Column half left (or right), 2. MARCH. (Repeat.)
23. 1. By the left (or right) flank, 2. MARCH.
24. The above in opposite direction to resume column of fours.

25. 1. Fours left (or right), 2. MARCH, 3. Guide left (or right).
26. 1. Fours right (or left), 2. MARCH.
27. 1. Left (or right) front into line, 2. MARCH.
28. 1. Company, 2. HALT.
29. FRONT.
30. 1. Right (or left) forward, 2. Fours right (or left), 3. MARCH.
31. 1. Fours left (or right) about, 2. MARCH.
32. 1. On right (or left) into line, 2. MARCH.
33. 1. Company, 2. HALT.
34. FRONT.
35. 1. Fours right, 2. Column right (or left), 3. MARCH.
36. 1. Fours left, 2. MARCH, 3. Guide right (or left).
37. 1. To the rear, 2. MARCH. (Repeat.)
38. 1. Company, 2. HALT.
39. 1. Right, 2. DRESS.
40. FRONT.
41. 1. Right (or left) hand, 2. SALUTE.
42. 1. Break ranks, 2. MARCH.

## Explanations.

18 and 19. 1. *Incline to the left (or right)*, 2. *MARCH.* 1. *Forward*, 2. *MARCH.* A slight change of direction as for clearing an obstacle in front of one side of the column. The command 1. *Forward*, 2. *MARCH* is given to resume the original direction.

22. 1. *Column half left (or right)*, 2. *MARCH.* A change of direction forty-five degrees from original line of march. Repeat command for practice and to get line where it is wanted for further work.

27. 1. *Left (or right) front into line*, 2. *MARCH.*

28. 1. *Company*, 2. *HALT.*

29. *FRONT.* At the command *March* the leading four moves straight to the front, dressing to the right if the command is *left front*, or vice versa; the other fours

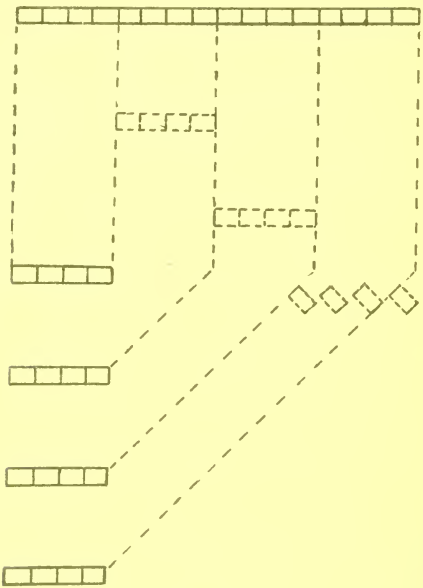


Fig. 7.

oblique in the direction indicated in the command till opposite their places in line, when each marches to the front.

At the command *Halt*, given when the leading four has advanced a short distance, it halts and dresses as indicated above. The other fours halt and dress in the same way upon arriving in the line. The command *Front* is given when the last four is in place and has dressed.

32. 1. *On the right* (*or left*) *into line*, 2. *MARCH.*

33. 1. *Company*, 2. *HALT.*

34. *FRONT.* At the command *March* the leading four wheels to the right on a movable pivot and moves forward, dressing to the right. Each of the other fours

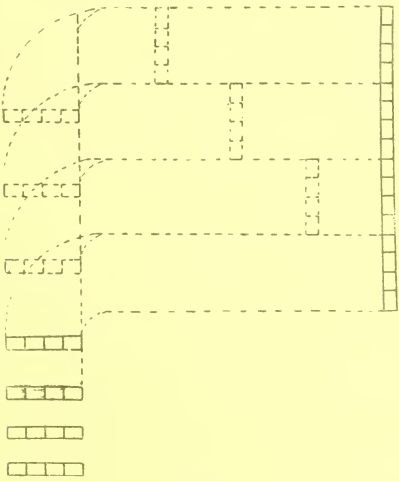


Fig. 8.

marches a distance equal to its front beyond the wheeling point of the four next preceding, wheels to the right and advances as explained for the first four.

At the command *Halt*, given when the leading four has advanced a short distance in the new direction, it halts and dresses to the right; the other fours halt and dress as they arrive in line. The command *Front* is given when the last four has come into line and dressed.

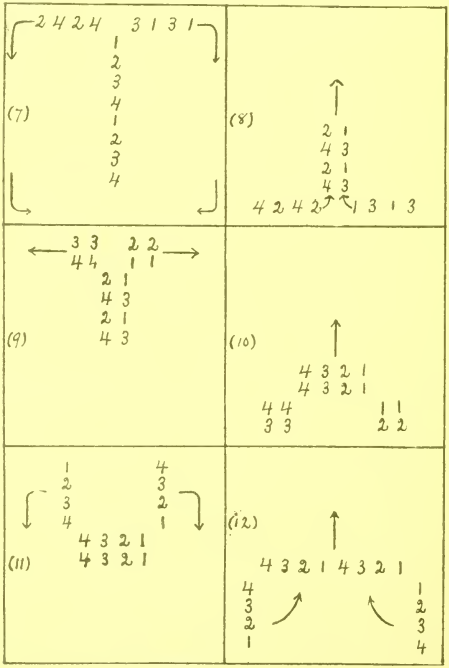
35. 1. *Fours right*, 2. *Column right* (*or left*), 3. *MARCH.* Execute *fours right* and then change direction. The first four executes right about (180 degrees) and marches in

the direction it is then facing; the remaining fours wheel on the same ground.

### Fancy Marching.

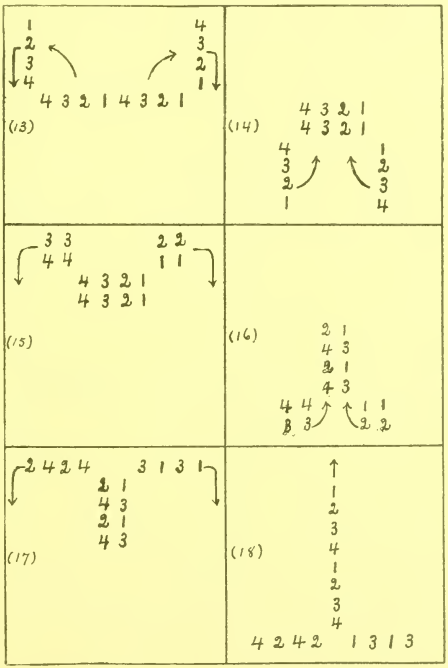
There is a range of figure or "fancy" marching to much of which military commands are not applicable. This style of marching is very interesting to some classes, and may occasionally be used in exhibitions to good advantage. Brief descriptive commands are desirable.

The following is a simple series. A little ingenuity will suggest many interesting figures.



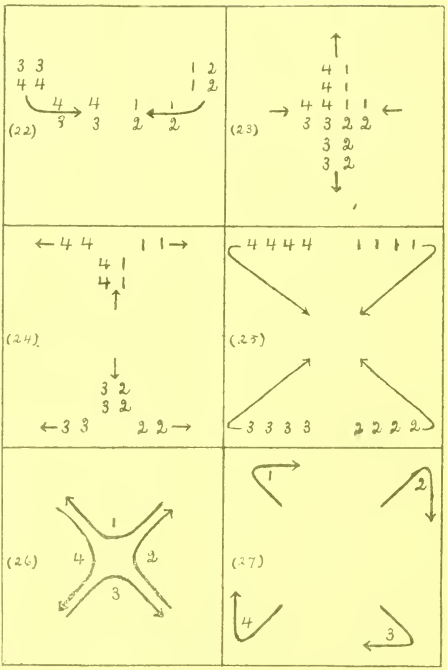
Sixteen is a good number for this drill. A square from twenty to forty feet on a side is necessary, preferably the latter. The commands are as follows, the diagrams explaining them:

1. FALL IN LINE.
2. FRONT.



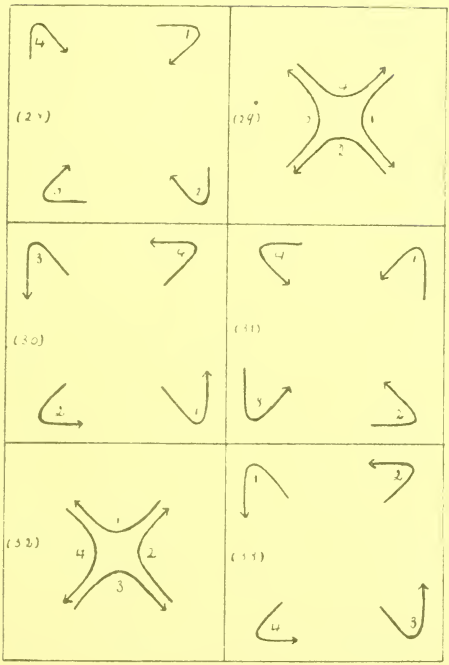

3. Count off by fours.
4. 1. Right, 2. FACE.
5. 1. Forward, 2. MARCH.

6. Changes of direction to bring column marching toward leader's platform.
7. Right and left.
8. Form Twos.



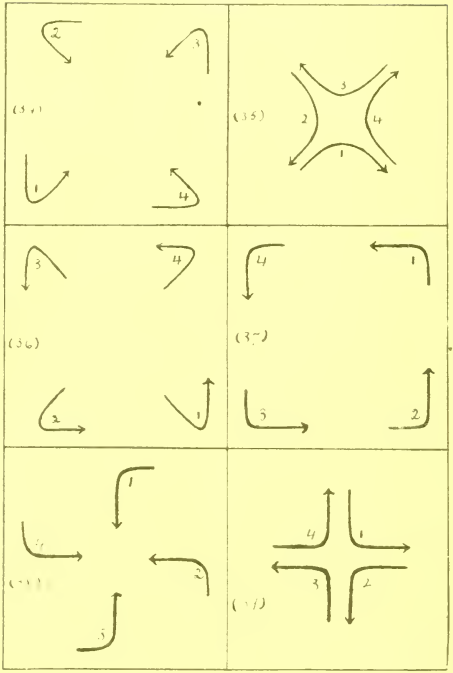

9. Twos right and left.
10. Form Fours.
11. Fours right and left.
12. Form Eights.

13. Fours right and left.
14. Fours alternate.
15. Twos right and left.
16. Twos alternate.



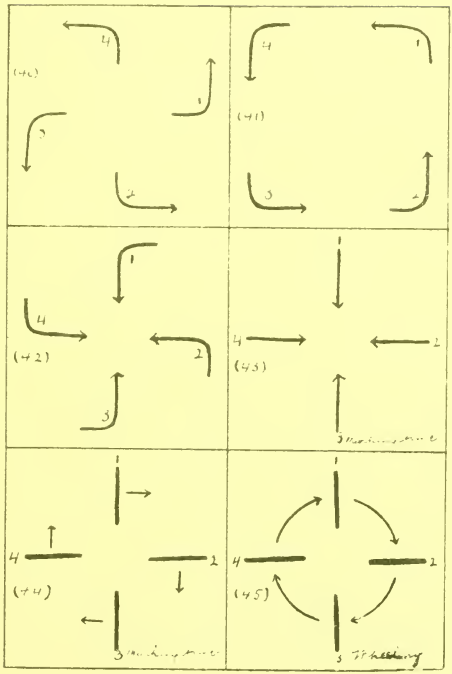
17. Right and left.
18. Alternate.
19. Right and left. (Fig. 7.)
20. Form Twos. (Fig. 8.)

21. Twos right and left. (Fig. 9.)
22. To center (given at middle of sides).
23. To sides (meaning middle of sides).
24. To corners.



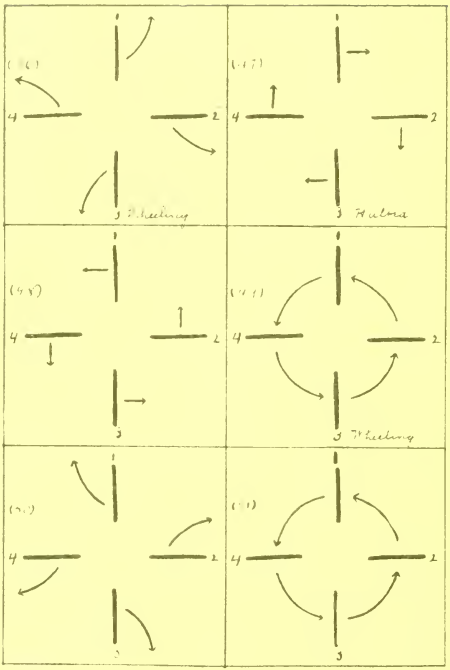
25. To center.
26. Right to corners.
27. Right to corners.
28. To center.

29. Left to corners.
30. Left to corners.
31. To center.
32. Right to corners.



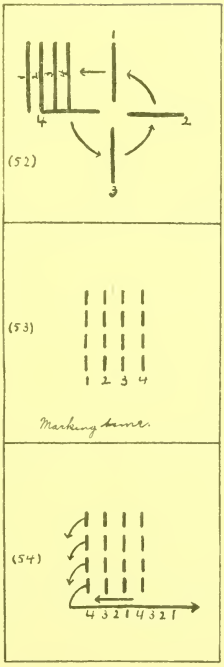
33. Left to corners.
34. To center.
35. Right to corners.
36. Left to corners.

37. Left to middle,
38. To center.
39. Left to sides.
40. Left to corners.



41. Left to middle.
42. To center.
43. Mark time.
44. Left Face.

45. Right Wheel.
46. Left Wheel.
47. Company Halt.
48. About, Face.




49. Left Wheel.
50. Right Wheel.
51. Left Wheel.

52. 1. Left tangent,
    2. Short Step,
    3. MARCH.
53. 1. Mark time,
    2. Close order,
    3. MARCH.
54. 1. In single column,
    2. Left about,
    3. MARCH.

### Possible Changes.

The following is suggestive of the commands which may properly be given when the men are in any given order. Each command of any series is made possible by the arrangement indicated at the beginning of the series. The commands are not intended to follow each other.

1. From line at halt.
    1. Dressing commands.
    2. Facings.
    3. Forward, MARCH.
    4. Backward, MARCH.
    5. Side step.
    6. Twos, threes, or fours right (or left).
    7. Twos, threes, or fours right (or left), column right (or left).
    8. Twos, threes, or fours right (or left), column right (or left) about.
    9. Right (or left) forward, fours right (or left).
    10. Front take distance, MARCH.
2. From line in march.
    1. To the rear.
    2. By the right (or left) flank.
    3. Twos, threes, or fours right (or left).
    4. Twos, threes, or fours right (or left), column right (or left).

5. Twos, threes, or fours right (or left), column right (or left) about.
6. Right (or left) forward, fours right (or left).

3. From column of files in march.

1. Column right (or left).
2. Column right (or left) about.
3. To the rear.
4. By the right (or left) flank.
5. Form twos.
6. Form fours.
7. Oblique, MARCH.

4. From column of twos in march.

1. Column right (or left).
2. Column right (or left) about.
3. Twos right (or left).
4. Twos right (or left) about.
5. To the rear.
6. By the right (or left) flank.
7. Form fours.
8. Right (or left) by file.
9. Oblique, MARCH.

5. From column of fours in march.

1. Column right (or left).
2. Column right (or left) about.
3. Fours right (or left).
4. Fours right (or left) about.
5. To the rear.
6. By the right (or left) flank.
7. Oblique, MARCH.
8. Right (or left) by twos.
9. Right (or left) by file.
10. Right (or left) front into line.
11. On right (or left) into line.

## References.

For the convenience of those wishing to study the subject further is appended a partial list of books and articles which may prove helpful.

Infantry Drill Regulations, U. S. A.

Light Gymnastics, Wm. G. Anderson.

A Primer of Physical Training, Wm. G. Anderson.

School Tactics, Wm. A. Stecher.

Figure Marching, Gymnast and Athletic Review, 1893 and 1894.

"Marching," in pamphlet form, can be obtained from the Athletic League. Price, ten cents.

# HOME DUMB-BELL DRILL.

*Robert J. Roberts.*

This drill is called the *Home* Dumb-Bell Drill because it is so simple that it can be done in the home or anywhere else.

It is a health or hygienic drill. Emphasis is laid on the movements which exercise the back, as by this means erect carriage is secured.

The drill is not an experiment, but has been in successful use for over ten years.

## Notes to Home Dumb-Bell Drill.

When you know the drill *well* drop the sixteenth or twenty-fourth count and name the following exercise instead, thus pass from one movement to another without making any *stop*. The effect is *pleasing*, and on that account more beneficial. Always work long enough to get the body into a state of free perspiration when you use this drill as a substitute for your gymnasium hour. Don't forget to take a sponge bath afterward. When the body is very fat, drink little, eat less, and work harder in the open air. When practicing the drill work hard and moderately fast; put much force and power into all the body swings and arm thrusts and sweeps. Repeat and repeat a movement over and over again before you pass on to the next exercise. While working, wear a heavy, loose, loosely woven woollen sweater. Take a cool sponge bath right after your exercise. Use this drill wisely, as out of it you can make slow, light, quick, or heavy work, as the state of your constitution and temperament may demand

To illustrate: If you are of a nervous temperament practice the drill slowly. If very fat or of a phlegmatic temperament, with a few exceptions, do your work more quickly. If you are in a fairly normal condition, work moderately strong and fast enough to make the body perspire. If you wish to grow very strong and gain a showy muscular development, work hard, slow, and long, and put strong action into all parts of each exercise, as though you were using five-pound bells. Be careful not to overdo in this last way of working, as you can make yourself as *slow* and muscle bound as a heavy lifter or heavy dumbbell pusher. Free bodily movements, of which this drill is a type, are the foundation of body-building work. To prevent any soreness, practice very lightly and for short periods of time the first six or seven times. Then increase your working time in moderate doses, and practice the drill the days you do not attend the gymnasium. If you are faithful for a season in the daily practice of this valuable little home drill, you will become more active, stronger, more enduring, and better able to drink in more freely than ever before that only true purifier of the blood — fresh outdoor air.

If your chest is flat follow the hint that is given with the flip, and don't go beyond a vertical and practice the front chest elevator an extra number of times. If your chest is narrow pay much attention to the faithful practice of side chest elevator and the vertical push. When the chest is flat and narrow everything should be done to quickly increase the size of the chest. *Practice deep breathing, indoors and out.* If the muscular chest is poorly developed, practice the muscular chest very often. If the abdomen is large the flip is your special work, taking care to always *go beyond your vertical.* If you are stoop-shouldered the dry land swim is indicated. If the loins are weak the cradle rock is the work to practice the most. Generally the parts of this drill that should be used the

most are the parts that weary one the quickest. Take the special work at a time of the day that you feel fresh and strong. Always stop exercising when you feel in a state of invigoration; if you exercise till you feel *tired out* it will do more harm than good.

This drill may be done many different ways. The best way to do it, when the small of the back is weak and the glutæus (or buttock muscles) are poorly developed, is to practice it with the heels close together and the knees straight.

In the stiff arm movements be careful to swing to side-horizontals and to swing down close by the sides of thighs As you do so, keep your chin in close to your neck and your head up and back.

This Home Dumb-Bell Drill is for the average man. Counting up to thirty-two will take about five minutes. Take it strong and quick in the morning, followed up with a quick, cool sponge bath, and it will stimulate. Taken before going to bed, it should be gone through slowly, and it will prove a good sedative, especially if it be supplemented with a warm bath. The drill should only be taken the day you omit attending the gymnasium. (Take for your special work the part of the drill that affects the weakest portion of your body, because the body should be developed by moderate and light exertions rather than heavy and dangerous ones, the weakest portions always receiving chief attention, and being more frequently subjected to movements adapted to their invigoration and growth.)

This drill may be conducted without any bells in the hands. It was devised for a class of persons who could find but little time to attend the gymnasium, such as commercial travellers, business and professional men. Open your windows wide and let in the fresh air, and practice this drill just before your meals. *If you have time to eat, you have time to exercise.*

Use wooden bells weighing from one to two pounds each. The Gymnasium Dumb-Bell Drill, from which this Home Dumb-Bell Drill is an extract, is for all. It is the Graham bread and butter of body-building exercises. (If your health is good and you are in fair form, go lightly and loosely clad while doing your work. If health is poor or body too fat, clothe all parts of the body warmly but loosely. The person in poor health saves vitality and the person overfat loses his extra fat the sooner. Gargle your throat with cold water after doing the drill, but drink but little if you are a fat man.)

*Breathe slowly and deeply a dozen times, just before and after doing this drill.* Don't do the movements in a jerky manner, nor too rapidly.

No. 1. Side Pushes.

*Note.* — Emphasize all counts.

Position. — Head up, chin in, chest out, shoulders back and down, feet spread about twenty inches apart, bells grasped *tightly* in hands, arms *straight* and hanging by sides of thighs, palms in.

Count One. — Swing between spread feet, palm side of bells close together; bend your back as much as possible, trying to get your head near the floor; bend the knees a little; don't strike bells on the floor.

COUNT TWO. — Bring bells to face of shoulders, palms up.

COUNT THREE. — Push strong to sides horizontals, twisting the bells so that the palms will be down at the sides horizontals.

COUNT FOUR. — Bring bells back strong to face of shoulders, palms up.

No. 2. Muscular Chest.

*Note.* — Emphasize counts three and four.

Count One. — Raise bells to sides horizontals, elbows stiff, palms down.

Count Two. — Swing *easy* to a front horizontal; keep elbows stiff, and don't strike hard.

COUNT THREE. — Swing strong and back to sides horizontals, elbows stiff, chest forward, palms down.

COUNT FOUR. — Bring bells down hard to sides of thighs, elbows stiff, palms in, contracting the *back* upper arm muscles and the *back lower chest muscles*. Pay much attention to putting *strong* emphasis on this count, as it quickly develops the contractile power of the muscles that help to keep the shoulders down and back in proper position.

No. 3. Forward Push.

*Note.* — Emphasize all counts.

Count One. — Swing between feet as in side pushes.

Count Two. — Bring bells to face of shoulders, palms up, throwing elbows far back, so that you can pass a cane between the upper arms and back.

COUNT THREE. — Push strong to a front horizontal, twisting the wrists so that the palms will be down at the front horizontal.

COUNT FOUR. — Bring bells back strong to face of shoulders.

No. 4. Dry Land Swim.

*Note.* — Emphasize counts two and four.

Count One. Swing to a front horizontal, elbows stiff, palms down.

Count Two. — Swing strong and steady, without any jerky motion, to sides horizontals, palms down.

COUNT THREE. — Swing back easy to a front horizontal; don't strike bells hard in front; palms down.

COUNT FOUR.—Swing down past sides of thighs, carrying the hands as far back as possible without bringing head forward; throw your front chest well forward (sternum expression) as your bells are swinging past your thighs.

No. 5. Vertical Push.

*Note.* — Emphasize all counts.

Count One. — Swing between spread feet, as in forward push.

Count Two. — Bring bells to face of shoulders.

COUNT THREE. — Push to a high vertical, twisting the bells so that the back of the hands will come as close together as the bells will allow. Be sure to reach up so high that the elbows will be stiff when you reach the limit of the upstretch.

COUNT FOUR. — Bring bells back to face of shoulders.

No. 6. Side Chest Elevator.

*Note.*—Emphasize counts three and four.

Count One. — Lower bells to sides horizontals; keep elbows stiff, palms down.

Count Two. — Swing *easy* to a front horizontal; don't strike bells hard; reason — tends to develop those muscles that pull the shoulders forward.

COUNT THREE. — Swing *strong* and steady, without a jerky motion, to sides horizontals, palms down.

COUNT FOUR. — Swing up strong and steady to a high vertical, keeping elbows stiff; try to touch upper arms close to ears and the sides of the bells together.

## No. 7. The Flip.

*Note.* — Emphasize all counts.

*Note.* — If your waist girth is small never go beyond a vertical in any of the high up reach movements. If, on the other hand, your waist girth is large, always go about *six inches beyond the vertical* when you reach up. *The normal waist measurement should be about eight inches smaller than the expanded chest.*

Count One. — Swing between spread feet as you do in the vertical push.

Count Two. — Swing bells up and over the head, bending the elbows and trying to touch the thumb ends between the shoulder blades.

COUNT THREE. — Swing back between spread feet as you do in first part of movement in count one.

COUNT FOUR.—Swing bells up to a high vertical without rising on the toes; keep elbows stiff and reach forward as far as you can without rising off the heels as you pass up through the horizontal, palm sides of bells coming close together as bells will allow.

*Special Note.* — If your waist girth is over large, go *backwards* about six inches on all vertical movements, especially this, your special one, *the Flip*.

No. 8. Front Chest Elevator.

*Note.* — Emphasize counts two and four.

Count One. — Lower bells to a front horizontal, palms down, elbows stiff, reaching as far forward as possible without rising off the heels.

Count Two. — Swing strong and steady, without any jerky motion, to side horizontals, palms down, chin in, and chest forward.

COUNT THREE.—Bring bells back easy to a front horizontal: don't strike them hard, as that tends to develop the muscles that draw the shoulders forward.

COUNT FOUR.—Swing up strong and steady to a high vertical, keeping elbows stiff, and slide front upper arms close to the ears.

No. 9. Combine 1, 3, 5 and 7.

Position. — Same as you take for side pushes.

Side Pushes, No. 1.

1. Swing between spread feet.
2. Bring to face of shoulders.
3. Push to side horizontals.
4. Bring to face of shoulders.

Forward Push, No. 3.

5. Swing between spread feet.
6. Bring to face of shoulders.
7. Push to a front horizontal.
8. Bring to face of shoulders.

Vertical Push, No. 5.

9. Swing between spread feet.
10. Bring to face of shoulders.
11. Push to a high vertical.
12. Bring to face of shoulders.

The Flip, No. 7.

13. Swing between spread feet.
14. Swing to back of neck.
15. Swing to between spread feet.
16. Swing to a high vertical.

## No. 10. Cradle Rock.

Position. — Bells at a high vertical, elbows stiff, front upper arms *close* to ears; bring palms of hands *close* together as sides of bells will allow, reach up *high* without rising off the heels. Keep the front chest out, shoulders square to the front, knees stiff, heels on floor. Don't lean either forward or backward, as this will bring small of back or abdominal muscles into extra play, which is not wanted at this time. Now rock sideways from right to left through one-quarter of a circle.

Count One. Rock toward a right side horizontal.

COUNT TWO. Rock toward a left horizontal.

COUNTS 7½ or 15½ come back in the starting position for the toe yawn stretch. Now, while you slowly count 1, 2, 3, 4, slowly rise on tips of toes, reaching strongly up, as if a fifteen-foot giant were raising you from off your feet. Fill the lungs slowly as you are doing this last exercise, and all the lower diameters of the chest will be *more fully expanded*, thus enlarging the anterior size of lung room.

## Modifications of the Dumb-Bell Drill.

The following modifications are intended for use where the dumb-bell drill is run so steadily as to make it monotonous, or where it is desired to make it progressively difficult. Thus, one modification might be introduced each month. They add not only to the effectiveness, but to the beauty of the drill.

1. *Knees straight;* that is, in all the movements in which there is bending forward at the waist and where there is a tendency to bend the knees, keep them vigorously straight.

2. *Knees straight and feet together.* Thus, instead of swinging between the legs in 1, 3, 5, and 7, the bells are simply swung to the toes.

3. In Nos. 1, 3, 5, and 7 jump the feet together every time the bell comes from between the legs. Thus, on the first movement, the side pushes, the individual is supposed to be standing erect, with feet together, bells at sides. The teacher says, "Ready, swing!" On the first count the legs are spread and the arms thrust in between the knees, as shown in the illustrations. On the second count the feet are jumped together again and are kept together during the third and fourth counts. On the fifth count they are spread, and on the sixth count jumped together again. This is an excellent modification.

4. On the even movements, that is, 2, 4, 6, and 8, add the front charges as follows, taking movement No. 2, muscular chest: Count 1, arms sides horizontals; 2, arms front horizontal, left foot advanced, and step straight forward, making a forward charge; 3, bring left foot back, arms sides horizontal; 4, arms to sides. Next time advance the right foot, always having them alternating. This modification includes the jumping motion of the third.

5. Same as No. 4, only have charges oblique forward to right and left. Face in the direction in which charge is made.

6. Same as No. 5, only with the charge straight to the side.

7. Same as No. 3, only make a quarter turn every time the feet are jumped together. This is a very pretty combination, if done to 16 counts.

8. Half turns, same as No. 7.

9. To any of the modifications from 4 to 8 add a short jump forward on count 2 and backward on count 3, in movements 2, 4, 6 and 8.

10. Have bells strike the floor when swung between feet.

11. Do the same with knees straight and feet together, as in the second modification.

These modifications are largely suggestive. The thoughtful teacher will see an indefinite number of useful modifications which can be made, using these as a basis.

## APPARATUS WORK.

The following exercises are suggested as forming an introductory course to the apparatus work.

### BOUNCING BOARD EXERCISES.

The bouncing board or flat spring board, it is believed, is to occupy a far larger place of usefulness in our gymnasiums in the future. The reasons for this are, briefly:

*First*, in connection with hygienic work on the horse, buck, elephant, parallel bars, etc., it adds greatly to the liveliness of the work. *Second*, it enables one to work on higher apparatus, which renders the work more interesting. *Third*, the spring is in itself enjoyable. *Fourth*, larger classes can be handled with than without it.

Before the board should be used with apparatus, it should be used alone and mastered. The following exercises are suggested for this purpose. The work should all be done with rapidity and snap, each man following the one in front of him as rapidly as possible.

Instruction should first be given as to the difference between jumping from the board and jumping on it and letting the elasticity of the board do the work.

Nothing but class work is mentioned here. Much very good work can also be done on the board by one or two persons that cannot be done in class.

Arrange a large, soft mat close up to the side of the bouncing board; have a beat board about three feet distant. Each exercise should be done several times, or until the class does it fairly well.

### First Series.

1. Leap from left foot.
2. Leap from right foot.
3. Leap from left foot, hop twice.
4. Leap from right foot, hop twice.
5. Leap for height, left foot.
6. Leap for height, right foot.
7. Leap for distance, left foot.
8. Leap for distance, right foot.
9. Hop, left foot.
10. Hop, right foot.
11. Hop, left foot, and twice on landing.
12. Hop, right foot, and twice on landing.

When these are well done, have them all done with arms at (1) front horizontal; (2) side horizontal; (3) high vertical; (4) akimbo, — each will involve extra muscular control; (5) when these are accomplished, place the jump standards between the board and the mat and gradually raise it from eighteen inches above the board as high as the class can well go, doing all of the previous exercises; (6) quarter turns can next be added. Ankles must be carefulty watched on these. Always leave the mat in the direction you are faced on striking it.

### Second Series.

1. Jump for height. (Land on both feet in all of these).
2. Jump for distance.
3. Jump for height, and raise knees to chest.
4. Jump for height, body perfectly straight.
5. Jump for height, straddle.
6. Sheep jump. (Knees only bent.)
7. Jump for height, legs forward and parallel, elbows and knees straight.
8. Jump for height, walk while in air.

These exercises may be done (1) as described; (2) over a string or stick; (3) with one-quarter turns, right or left;

(4) with one one-half turns, right or left; (5) over a string or stick placed between the beat and bouncing board, — this will make each man get a good jump from both boards; (6) with arm movements or positions, side or front horizontal, clap hands, etc.

## ELEMENTARY HORSE WORK.

Series No. 1, adopted by Physical Directors' Conference of 1894 and recommended to the Associations for general use. Height of pommels, three feet eight inches.

1. Squat Vault.
2. Squat Vault for Distance.
3. Thief Vault.
4. Thief Vault for Distance.
5. Wolf Vault to the Left.
6. Wolf Vault to the Right.
7. Flank Vault to the Left.
8. Flank Vault to the Right.
9. Front Vault to the Left.
10. Front Vault to the Right.
11. Rear Vault to the Left.
12. Rear Vault to the Right.
13. Straddle Vault.
14. Pike Jump.
15. Straddle Jump Over.
16. Leap Over.

*Notes.* — In teaching this work to a class, it is best both from the standpoint of interest and that of progress to undertake but one vault at a time. Thus the first time teach the squat vault. Select from each group a few typical exercises and have them done repeatedly until the class as a whole gets them pretty well. The best time to master an exercise is the first time it is presented.

The squat vaults will be quite enough for the apparatus part of one evening. It is best not to attack the one-hand vaults until the men are quite well along.

On the second evening, take the thief vaults with a review of the squats.

The third lesson will naturally include the wolf vaults with a review of the preceding. Have something new and definite for every evening's work.

In all the work given here, it is taken for granted that the class has been instructed in the use of the spring-board, and that the exercises are done with one. Most work can be done without, but the work is faster and more interesting when one is used.

Opposite each vault will be found a letter: E for easy; M for moderate; H for hard. This classification will, of course, not hold for every one, as exercises which some do readily are hard for others. As an illustration of the method of elaboration of work from each of these exercises the following lists of squat vaults is given. It is not to be expected that the pupil shall do all these exercises; they are given as an illustration of the range there is for selection.

### Squat Vault.

In teaching this vault insist that the back be held straight, chest out, head up. It may be done with the following modifications, or a series of squat vaults may be constructed from those hereafter given. When landing with the side or front to the horse, always have one or both hands on it, arms being straight. Bend the knees, but keep back straight in landing.

*With hands on pommels.*

1. Plain. E
2. With one-quarter left turn. E
3. With one-half left turn. E
4. With three-quarters left-turn. E
5. With full left turn. M
6. With one-quarter right turn. E

7. With one-half right turn. E
8. With three-quarters right turn. E
9. With full right turn. M
10. Land opposite neck. E
11. Land opposite neck, with one-quarter left turn. E
12. Land opposite neck, with one-half left turn. E
13. Land opposite neck, with three-quarters left turn. M
14. Land opposite neck, with full left turn. M

**Nos. 1 and 2. Squat Vault.**

These illustrations were made from "time" photographs, consequently the feet rest on the apparatus. In the exercises themselves, of course, this is not to be done except as an introductory exercise.

15. Land opposite neck, with one-quarter right turn. M
16. Land opposite neck, with one-half right turn. M
17. Land opposite croup. E
18. Land opposite croup, with one-quarter right turn. E
19. Land opposite croup, with one-half right turn. E

20. Land opposite croup, with three-quarters right turn. M
21. Land opposite croup, with one-quarter left turn. M
22. Land opposite croup, with one-half left turn. M

*With hands between pommels.*

23. Plain. E
24. With one-quarter left turn. E
25. With one-half left turn. E
26. With three-quarters left turn. E

**Nos. 3 and 4. Thief Vault.**

27. With full left turn. M
28. With one-quarter right turn. E
29. With one-half right turn. E
30. With three-quarters right turn. E
31. With full right turn. M
32. Land opposite neck. E
33. Land opposite neck, with one-quarter left turn. E

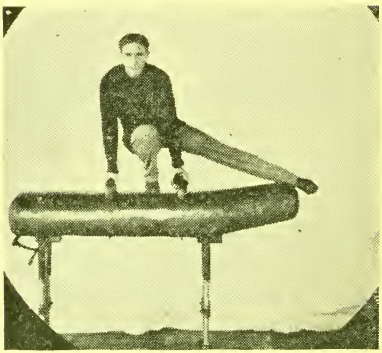
34. Land opposite neck, with one-half left turn. E
35. Land opposite neck, with three-quarters left turn. M
36. Land opposite neck, with full left turn. M
37. Land opposite neck, with one-quarter right turn. M
38. Land opposite neck, with one-half right turn. M
39. Land opposite croup. E
40. Land opposite croup, with one-quarter right turn. E
41. Land opposite croup, with one-half right turn. E
42. Land opposite croup, with three-quarters right turn. M
43. Land opposite croup, with one-quarter right turn. M
44. Land opposite croup, with one-half right turn. M

*With hands on left pommel and neck.*

45. Plain. E.
46. With one-quarter left turn. E
47. With one-half left turn. E
48. With three-quarters left turn. M
49. With full left turn. M
50. With one-quarter right turn. E
51. With one-half right turn. E
52. With three quarters right turn. M
53. With full right turn. M
54. Land opposite saddle. E
55. Land opposite saddle, one-quarter right turn. E
56. Land opposite saddle, one-half right turn. E
57. Land opposite saddle, three-quarters right turn. M
58. Land opposite saddle, one-quarter left turn. M
59. Land opposite saddle, one-half left turn. M
60. Land opposite croup. M
61. Land opposite croup, one-quarter right turn. M
62. Land opposite croup, one-half right turn. M
63. Land opposite croup, three-quarters right turn. H
64. Land opposite croup, one-quarter left turn. H

*With both hands on neck.*

65. Plain. E
66. With one-quarter left turn. E
67. With one-half left turn. E
68. With three-quarters left turn. M
69. With full left turn. M
70. With one-quarter right turn. E
71. With one-half right turn. E
72. With three-quarters right turn. M
73. With full right turn. M



**Nos. 5 and 6. Wolf Vault.**

74. Land opposite saddle. E
75. Land opposite saddle, one-quarter right turn. E
76. Land opposite saddle, one-half right turn. E
77. Land opposite saddle, three-quarters right turn. M
78. Land opposite saddle, one-quarter left turn. M
79. Land opposite saddle, one-half left turn. M
80. Land opposite croup. M
81. Land opposite croup, one-quarter right turn. M
82. Land opposite croup, one-half right turn. M

83. Land opposite croup, three-quarters right turn. H
84. Land opposite croup, one-quarter left turn. H

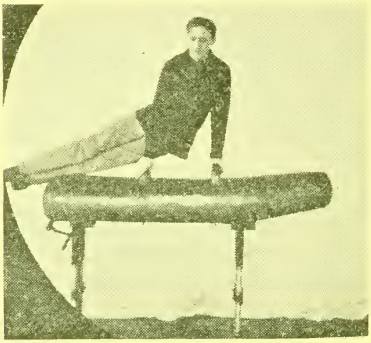
*With hands on right pommel and croup.*

85. Plain. E
86. With one-quarter left turn. E
87. With one-half left turn. E
88. With three-quarters left turn. M
89. With full left turn. M
90. With one-quarter right turn. E
91. With one-half right turn. E
92. With three-quarters right turn. M
93. With full right turn. M
94. Land opposite saddle. E
95. Land opposite saddle, one-quarter left turn. E
96. Land opposite saddle, one-half left turn. E
97. Land opposite saddle, three-quarters left turn. M
98. Land opposite saddle, one-quarter right turn. M
99. Land opposite saddle, one-half right turn. M
100. Land opposite neck. M
101. Land opposite neck, one-quarter left turn. M
102. Land opposite neck, one-half left turn. M
103. Land opposite neck, three-quarters left turn. H
104. Land opposite neck, one-quarter right turn. H

*With both hands on croup.*

105. Plain. E
106. With one-quarter left turn. E
107. With one-half left turn. E
108. With three-quarters left turn. M
109. With full left turn. M
110. With one-quarter right turn. E
111. With one-half right turn. E
112. With three-quarters right turn. M
113. With full right turn. M

114. Land opposite saddle. E
115. Land opposite saddle, one-quarter left turn. E
116. Land opposite saddle, one-half left turn. E
117. Land opposite saddle, three-quarters left turn. M
118. Land opposite saddle, one-quarter right turn. M
119. Land opposite saddle, one-half right turn. E
120. Land opposite neck. M
121. Land opposite neck, one-quarter left turn. M
122. Land opposite neck, one-half left turn. M



**Nos. 7 and 8. Flank Vault.**

It is impossible to show this exercise exactly in a "time" picture. The body should be perfectly straight — head to heels — and as nearly as possible parallel to the horse.

123. Land opposite neck, three-quarters left turn. H
124. Land opposite neck, one-half right turn. H

ONE HAND SQUAT VAULTS.

*With left hand on left pommel.*

125. Plain. E
126. With one-quarter left turn. E

127. With one-half left turn. E
128. With three-quarters left turn. M
129. With full left turn. H
130. With one-quarter right turn. M
131. With one-half right turn. H
132. Land opposite neck. M
133. Land opposite neck, with one-quarter left turn. E
134. Land opposite neck, with one-half left turn. E
135. Land opposite neck, with three-quarters left turn. M
136. Land opposite neck, with full left turn. H
137. Land opposite croup. M
138. Land opposite croup, with one-quarter left turn. E
139. Land opposite croup, with one-half left turn. E
140. Land opposite croup, with three-quarters left turn. M
141. Land opposite croup, with one-quarter right turn M
142. Land opposite croup, with one-half right turn. H

*With right hand on right pommel.*

143. Plain. E
144. With one-quarter right turn. E
145. With one-half right turn. E
146. With three-quarters right turn. M
147. With full right turn. H
148. With one-quarter left turn. M
149. With one-half left turn. H
150. Land opposite croup. M
151. Land opposite croup, with one-quarter right turn. E
152. Land opposite croup, with one-half right turn. E
153. Land opposite croup, with three-quarters right turn. M
154. Land opposite croup, with full right turn. H
155. Land opposite neck. M

156. Land opposite neck, with one-quarter right turn. E
157. Land opposite neck, with one-half right turn. E
158. Land opposite neck, with three-quarters right turn. M
159. Land opposite neck, with one-quarter left turn. M
160. Land opposite neck, with one-half left turn. H

*With left hand on neck.*

161. Plain. E
162. With one-quarter left turn. E

**Nos. 9 and 10. Front Vault.**

163. With one-half left turn. E
164. With three-quarters left turn. M
165. With full left turn. H
166. With one-quarter right turn. M
167. With one-half right turn. H
168. Land opposite saddle. M
169. Land opposite saddle, one-quarter left turn. M
170. Land opposite saddle, one-half left turn. M

171. Land opposite saddle, three-quarters left turn. H
172. Land opposite saddle, one-quarter right turn. M
173. Land opposite saddle, one-half right turn. H

*With right hand on neck.*

174. Plain. E
175. With one-quarter right turn. E
176. With one-half right turn. E
177. With three-quarters right turn. M
178. With full right turn. H
179. With one-quarter left turn. M
180. With one-half left turn. H
181. Land opposite saddle. M
182. Land opposite saddle, one-quarter right turn. M
183. Land opposite saddle, one-half right turn. M
184. Land opposite saddle, three-quarters right turn. H

*With left hand on saddle.*

185. Plain. E
186. With one-quarter left turn. E
187. With one-half left turn. E
188. With three-quarters left turn. M
189. With full left turn. H
190. With one-quarter right turn. M
191. With one-half right turn. H
192. Land opposite neck. M
193. Land opposite neck, with one-quarter left turn. E
194. Land opposite neck, with one-half left turn. E
195. Land opposite neck, with three-quarters left turn. M
196. Land opposite neck, with full left turn. H
197. Land opposite croup. M
198. Land opposite croup, with one-quarter left turn. M
199. Land opposite croup, with one-half left turn. M
200. Land opposite croup with three-quarters left turn. H

201. Land opposite croup, with one-quarter right turn. M
202. Land opposite croup, with one-half right turn. H

*With right hand on saddle.*

203. Plain. E
204. With one-quarter right turn. E
205. With one-half right turn. E
206. With three-quarters right turn. M

**Nos. 11 and 12. Rear Vault.**

207. With full right turn. H
208. With one-quarter left turn. M
209. With one-half left turn. H
210. Land opposite croup. M
211. Land opposite croup, with one-quarter right turn. E
212. Land opposite croup, with one-half right turn. E
213. Land opposite croup, with three-quarters right turn. M
214. Land opposite croup, with full right turn. H

215. Land opposite neck. M
216. Land opposite neck, with one-quarter right turn. M
217. Land opposite neck, with one-half right turn. M
218. Land opposite neck, with three-quarters right turn. H
219. Land opposite neck, with one-quarter left turn. M
220. Land opposite neck, with one-half left turn. H

*With left hand on croup.*

221. Plain. E
222. With one-quarter left turn. E

**No. 13. Straddle Vault.**

223. With one-half left turn. E
224. With three-quarters left turn. M
225. With full left turn. H
226. With one-quarter right turn. M
227. With one-half right turn. H
228. Land opposite saddle. M

229. Land opposite saddle, one-quarter left turn. M
230. Land opposite saddle, one-half left turn. M
231. Land opposite saddle, three-quarters left turn. H

*With right hand on croup.*

232. Plain. E
233. With one-quarter right turn. E
234. With one-half right turn. E
235. With three-quarters right turn. M
236. With full right turn. H
237. With one-quarter left turn. M
238. With one-half left turn. H
239. Land opposite saddle. M
240. Land opposite saddle, one-quarter right turn. M
241. Land opposite saddle, one-half right turn. M
242. Land opposite saddle, three-quarters right turn. H
243. Land opposite saddle, one-quarter left turn. M
244. Land opposite saddle, one-half left turn. H

## ELEMENTARY WORK ON THE PARALLEL BARS.

1. Rear vault, right.
2. " " left.
3. " " right, one-quarter left turn.
4. " " left, " " right "
5. " " right, one-half left turn.
6. " " left, " " right "
7. " " right, " " right "
8. " " left, " " left "
9. " " right, lighting at center of bar.
10. " " left, " " " " " "

11. Rear vault, right, lighting with one-quarter turn to left.

12. Rear vault, left, lighting with one-quarter turn to right.

*Variations*: (*a*) In mounting use half leg circles over one bar with one leg; (*b*) come to any seat before vaulting off; (*c*) combine *a* and *b*.

## ELEMENTARY WORK ON THE HIGH HORIZONTAL BAR.

*Dr. J. H. McCurdy.*

1. Hang, raise leg separately to half lever, return to hang, dismount.

2. Hang in reverse grasp, raise both knees (flex thighs and legs), pull up to chin, return to position in reverse order, dismount.

3. Hang, feet through to back hang, return to position, dismount.

4. Hang, swing twice, back dismount.

5. Cross hang, forward travel with bent arm.

6. Hang, side travel, one-half turn, and return side travel facing opposite direction.

7. Single knee rise to front rest, dismount to stand under bar.

8. Single knee rise, half knee circle backward and return to front rest, forward half circle to hang, drop.

9. Pull up to single bent arm rest, retaining grasp of other hand, right and left.

10. Hang, legs through arms to back hang, release with one hand, full turn to ordinary hang.

## ELEMENTARY WORK ON THE LOW HORIZONTAL BAR.

*Drs. J. H. McCurdy and Luther Gulick.*

Height of bar, four feet.

1. RUN UNDER. *Variations:* In leaving the bar the arms may be in side horizontal, front horizontal, vertical, or back of neck.

2. SHORT UNDERSWING. *Variations:* (*a*) alight with arms in any of positions outlined above; (*b*) use one-quarter or one-half turns in alighting; (*c*) for distance or height; (*d*) combine *a* and *b*.

3. REAR VAULT.

4. SHORT CIRCLE. *Variations:* (*a*) from floor; (*b*) from front rest.

5. SHORT UNDERSWING. *Variations:* (*a*) roll over or dive; (*b*) one, two, or three jumps or hops; (*c*) one-half turn and backward rolls or jumps, to one foot, also with arm positions.

6. LOW FLANK VAULT.

7. SINGLE KNEE CIRCLE, followed by one-half leg circle.

8. FRONT VAULT, to floor; also same for distance.

9. SQUAT VAULT. *Variations:* (*a*) on the bar and jump off with arm positions; (*b*) followed by rolls and dives.

10. SPIRAL RUN, by class.

## BASKET BALL RULES.

### Rule I. Grounds.

Section 1. Basket Ball may be played on any grounds free from obstruction, said grounds not to exceed 3,500 square feet of actual playing space.

Sec. 2. There must be a well-defined line marked around the floor or field. The side boundaries shall be at least three feet from the wall or fence. The end boundaries shall be directly below the surface against which the goal is placed. This line shall form the boundary of the field of play.

### Rule II. Ball.

Section 1. The ball shall be round. It shall be made of a rubber bladder covered with a leather case. It shall be not less than thirty nor more than thirty-two inches in circumference. The limit of variableness shall not be more than one-fourth of an inch in three diameters. It shall weigh not less than eighteen nor more than twenty ounces.

Sec. 2. The ball shall be provided by the home team; shall be tightly inflated and so laced that the ball cannot be held by the lacing, and otherwise in good condition.

Sec. 3. The ball made by A. G. Spalding & Bros., and bearing the signature of the secretary of the A. L. N. A., shall be the official ball.

Sec. 4. The official ball must be used in all League games.

### Rule III. Goals.

Section 1. The goals shall be hammock nets of cord, suspended from metal rings eighteen inches in diameter (inside). The rings shall be placed ten feet above the

ground in the center of the short side of the actual playing field. The inside rim shall extend six inches from the surface of a flat perpendicular screen or other rigid surface measuring at least six feet horizontally and four vertically. If a screen is used it must not extend more than one foot below the upper edge of the goal.

SEC. 2. The goals shall be rigidly supported from below. There must be no projections beyond the sides nor above the upper edge of the goal.

SEC. 3. The goal made by A. G. Spalding & Bros. shall be the official goal for 1896–97; but this shall not be construed to exclude the use of official goals that were purchased last year.

## RULE IV. TEAMS.

SECTION 1. Teams for League games shall consist of five men.

SEC. 2. In League games all players must have been bona fide members of the Association, Branch, or Department which they represent for at least thirty days.

SEC. 3. In League games no member of one team shall play or act as substitute on any other team in that league.

SEC. 4. Physical directors or their salaried assistants shall not play in League games.

## RULE V. OFFICIALS.

SECTION 1. The officials shall be a referee, two umpires, a scorer, and a timekeeper.

SEC. 2. In each League game the local governing committee shall pay the actual expenses of the officials.

## RULE VI. CAPTAINS.

SECTION 1. Captains shall be appointed by each side previous to the commencement of a match. They must be players in the match.

SEC. 2. The captains shall be the representatives of their respective teams.

SEC. 3. The captains shall toss for choice of goals and be entitled to call the attention of the officials to any violation of the rules which they think has been made.

SEC. 4. Before the commencement of a match each captain shall furnish the scorer with a list of his team, with their positions.

## RULE VII. REFEREE.

SECTION 1. The referee in all cases must be a thoroughly competent and impartial person, and shall not be a member of either of the competing Associations.

SEC. 2. In all but League games the home team shall choose the referee, but shall notify visiting teams of such selection not later than four days before the date fixed for the game. Any team neglecting to send such notification within the limit specified shall forfeit to visiting clubs the right to appoint the referee.

SEC. 3. In all League games the referee shall be selected by the League Committee.

SEC. 4. Before the game begins the referee shall see that the regulations respecting the ball, goal, and grounds are adhered to. By mutual agreement of the captains the referee may allow alterations in the rules regarding grounds and time, but not in goal, ball, or teams. The referee shall ascertain before the commencement of the game the time for beginning or any other arrangements that have been made by the captains.

SEC. 5. The referee shall be judge of the ball. He shall decide when the ball is in play, to whom it belongs, and when a goal has been made.

SEC. 6. The referee shall approve of the timekeeper and scorers before the game begins.

SEC. 7. Whenever the ball is put in play by tossing it up, the referee shall stand so that he shall throw the ball in a plane at right angles to the side lines.

SEC. 8. The referee shall call time, when necessary, by blowing a whistle.

SEC. 9. The referee shall call a foul when any officer is addressed by any player other than the captains.

SEC. 10. He is the superior officer of the game and shall decide all questions not definitely falling to the umpires, but shall have no power to alter a decision of the umpires when it is in regard to matters under their jurisdiction.

SEC. 11. Any team refusing to play within three minutes after receiving instructions to do so from the referee shall forfeit the game.

SEC. 12. The referee's term of office shall only extend from the time the game begins until it is concluded, and his decision awarding the game must then be given. His jurisdiction shall then end and he shall have no longer any power to act as referee.

SEC. 13. The referee shall have power to give the game to the visiting team, in accordance with rule XI., section 35.

SEC. 14. The referee shall disqualify men according to rule XI., sections 20 and 38.

SEC. 15. The referee shall notify the secretary of the Basket Ball Leagues whenever a player has been disqualified, giving the player's name, date, place, name of team, and nature of the offence.

## RULE VIII. UMPIRES.

SECTION 1. The umpires in all cases must be thoroughly competent and impartial persons, and shall not be members of either of the competing Associations.

SEC. 2. In all but League games the visiting team shall choose the umpires, but shall notify the home team

of such selection not later than four days before the date fixed for the game. A team neglecting to send such notification within the limit specified shall forfeit to the home club its right to appoint the umpires.

SEC. 3. In all League games the umpires shall be selected by the League Committee.

SEC. 4. The umpires shall be judge of the men, shall call all fouls, except as provided in rule VII., section 9.

SEC. 5. The umpires shall make their decisions independently of each other, and a foul called by one shall not be questioned by the other.

SEC. 6. Whenever a foul is called the umpire calling it shall call time by blowing a whistle, and indicate the offender. He shall notify the scorer of the player fouling and the nature of the foul.

## RULE IX. SCORER.

SECTION 1. The scorer shall be appointed by the captain of the home team.

SEC. 2. He shall notify the referee when a player should be disqualified, according to rule XI., section 20.

SEC. 3. Official games shall be scored according to the details in the official score blanks.

## RULE X. TIMEKEEPER.

SECTION 1. A timekeeper shall be appointed by the captain of the home team.

SEC. 2. He shall note when the game starts and shall blow his whistle at the expiration of twenty minutes' actual playing time in each half.

SEC. 3. Time consumed by stoppages during the game shall be deducted only on order of the referee.

## RULE XI. THE GAME.

SECTION 1. A goal made from the field shall count as two points; a goal made from a foul shall count as one point.

Sec. 2. The referee shall put the ball in play by tossing the ball up in a plane at right angles to the side lines so that it will drop near the center of the field, which shall be indicated by a conspicuous mark. This is to be done at the opening of the game, at the beginning of the second half, and after each goal.

Sec. 3. After the referee puts the ball in play in the center, it must be first touched by one of the center men, who shall have been previously indicated to the umpire. Violation of this rule constitutes a foul.

Sec. 4. After time has been called the referee shall put the ball in play by tossing it up in such a manner that it will drop near the spot where it was when time was called, unless it was held out of bounds. In this case play shall be resumed at the whistle of the referee, as if time had not been called (rule VII., section 7).

Sec. 5. The two opponents nearest this spot when time was called shall be the first to touch the ball after play is resumed. They shall be indicated by the umpires.

Sec. 6. When the ball is held by two or more players for any length of time the referee shall blow his whistle, stop the play, and throw the ball up from where it was held (rule VII., section 7; also rule XI., section 5).

Sec. 7. Whenever the ball is put in play the players who are to first touch the ball must not stand further than two feet from the spot where the ball is to fall.

Sec. 8. A game must be decided by the winning of the most points in forty minutes' playing time.

Sec. 9. In case of a tie the game shall continue (without exchange of goals) until either side has made two additional points.

Sec. 10. If the goal is moved by an opponent when the ball is on the edge of it, one point shall be scored.

Sec. 11. The game shall consist of two halves of twenty minutes each, with a rest of ten minutes between

the halves. This is the time of actual play. These times may be changed by mutual agreement of the captains.

SEC. 12. The teams shall change goals at the end of the first half.

SEC. 13. When a foul has been made the opposite side shall have a free throw for the goal at a distance of fifteen feet from a point on the floor directly beneath the center of the goal, measuring towards the opposite goal. The player having a free throw shall not cross the fifteen-foot line until the ball has entered or missed the goal. If this rule is violated, a goal, if made, shall not be scored, and if missed, the ball shall be dead and put in play in the center.

SEC. 14. No player shall stand nearer than six feet to the thrower, nor in a lane six feet wide from the thrower to the goal, nor interfere with the ball until after it reaches the goal. He shall not be interfered with in any way whatever, either by player or spectators. If this rule is violated and a goal is not made, he shall have another throw. If the goal is not made, the ball shall be considered in play.

SEC. 15. The ball may be thrown or batted in any direction with one or both hands.

SEC. 16. The ball shall not be kicked or struck with the fists. Violation of this rule is a foul.

SEC. 17. A player shall not carry the ball while in bounds. He must play it from the spot on which he catches it. Allowance is to be made for one who catches it while running, providing he throws it at once or stops as soon as possible. This shall not be interpreted as interfering with a man's turning around without making progress. Violation of this rule is a foul.

SEC. 18. The ball shall be held by the hands only. The using of any other part of the body to hold or assist in holding the ball constitutes a foul.

SEC. 19. There shall be no tackling, or holding or pushing of an opponent. The arms shall not be used in any way to interfere with the progress of a player who has not the ball. Grasping the clothing or person of a player with the hands or putting one or both arms about a player shall be called holding. Violation of this rule constitutes a foul.

SEC. 20. There shall be no shouldering, tripping, striking, kicking, hacking, or intentional or unnecessary roughness of any kind. Violation of this rule constitutes a foul, and the referee may, for the first offence, and shall, for the second offence, disqualify the offender for that game and for such further period as the committee in charge of that league shall determine; except that disqualification for striking, hacking, or kicking shall be for one year, without appeal.

SEC. 21. A substitute shall be allowed for a player who has been disqualified, and the foul made by him shall be counted.

SEC. 22. Whenever, because of sickness or accident to a player, it becomes necessary for the referee to call "Time," play must be resumed in five minutes. If the injured player is unable to resume play by that time, a substitute shall take his place, or the game start at once without him. If a substitute takes his place he cannot play again during that game.

SEC. 23. The ball is out of bounds only when it has completely crossed the line.

SEC. 24. When the ball goes out of bounds and rolls or bounces in again, play shall continue, even though a player may have touched it when out of bounds; except, *if the whistle of the referee is blown, the ball shall then be put in play as though it had not returned to the field of play.*

When the ball goes out of bounds and remains there, it shall be returned by the player first *touching* it. There

shall be no interference with his returning it; that is, no portion of the person of an opponent shall be outside of the field of play. The ball may not be touched by an opponent until it has crossed the line. If either of these rules is violated, the ball is to be returned to the player who had it and the ball again put in play at the original place.

He may throw the ball in any direction into the field of play from any spot (outside of bounds) on a line drawn at right angles to the boundary line at the point where the ball crossed it. The ball must be *thrown* into the field of play. When either of these rules is violated the ball shall go to the opponents at the same spot.

He is allowed five seconds to hold the ball, and if he holds it longer, it goes to the opponents. In case of doubt in the mind of the referee as to which player first touched the ball, he shall toss it up into the field of play at the spot where the ball went out.

SEC. 25. When the ball is *batted, rolled, or passed* from the field of play in order *to claim exemption* from interference, it shall be given to the opponents at the point where it left the field of play. When it is passed to a player out of bounds the ball shall be given to the other side. *Carrying* the ball from the field of play is a foul (section 17).

SEC. 26. A goal scored by a player while any part of his person touches the floor out of bounds shall not count. In such a case the ball shall be put in play in the center of the field.

SEC. 27. If a player throws for the goal and the whistle of the referee, umpire, or timekeeper sounds while the ball is in the air, and the throw results in a goal, it shall count.

SEC. 28. When the umpire's whistle sounds simultaneously with either the referee's or timekeeper's, the umpire's shall take precedence.

SEC. 29. A goal scored before the whistle can be blown for a foul made by the team scoring shall not count,

but if a player while throwing for the goal is fouled by anopponent and succeeds in scoring both shall be counted.

SEC. 30. If only one team puts in an appearance on the appointed day the team complying with the terms agreed upon shall be declared the winner of the game by default.

SEC. 31. When it happens, however, that neither team is ready to begin playing at the hour appointed for the game, the team which completes its numbers first cannot claim a default from its opponent. The latter shall be entitled to fifteen minutes additional time, and if then unable to present a full team, shall, if required by its opponent, be obliged to play short-handed or forfeit the game.

SEC. 32. A team defaulting or forfeiting a game shall be declared the loser by a score of two to nothing.

SEC. 33. There shall be no protests against the decisions of the officers, except in regard to interpretation of rules.

SEC. 34. Any remarks on the part of a player during the progress of the game derogatory in any way to the officials shall be called a foul.

SEC. 35. The home team shall be held responsible for the behavior of the spectators. Failure to keep them from interfering with the progress of the game or from discourteous conduct, shall, after a warning, make the home team liable to forfeit the game.

SEC. 36. In case of any doubt on any point, *in the mind of the referee or umpire*, arising from the presence of the spectators, the visiting team shall have the benefit of the doubt.

SEC. 37. Any persistent intentional delay of the game shall be counted as a foul against team so delaying.

SEC. 38. The referee shall promptly disqualify any player using profane or abusive language.

## Rule XII. Fouls.

Section 1. All fouls shall be called by the umpire, except as provided in rule VII., section 9.

Sec. 2. Fouls are classified according to their penalties, as follows:

*General:* 1. Players addressing officers (rule VII., section 9). 2. Touching ball in center (rule XI., section 3). 3. Kicking or striking ball (rule XI., section 16). 4. Carrying ball (rule XI., sections 17–25). 5. Holding ball (rule XI., section 18). 6. Tackling, holding, pushing opponents (rule XI., section 19). 7. Delaying game (rule XI., section 37).

*Fouls for which players may be disqualified — Roughnesses:* 1. Striking. 2. Kicking. 3. Shouldering. 4. Unnecessary rough play. 5. Tripping. 6. Hacking.

Officials are expected to be as strict as possible, both with players and spectators. In all cases not covered in these rules officials are to use their own judgment in accord with the general spirit of the rules.

All the questions pertaining to the interpretation of the rules may be referred to the Basket Ball Committee of the Athletic League.

# MINTON.

One of the oldest games of England — Badminton — has been totally changed by Englishmen in India, through the introduction of a worsted ball in place of the shuttlecock, which was formerly used. This modified game was brought to this country in 1895 by Mr. David McConaughy, Jr. Since then rules have been written and innings and other minor changes introduced. It possesses manifest advantages and opportunities in certain directions over other games, and notably over the one which it is most like, namely, lawn tennis.

Some of the advantages are as follows:

*First.* The court does not need to be as carefully prepared. Any field that is smooth enough to run around on without danger of turning the ankles is perfectly adapted to the purpose; a slight grade one way or the other does not materially alter the game.

*Second.* The cost of preparing the ground and keeping it in shape is almost nothing. The net being made of wire does not deteriorate, and does not need adjusting from time to time. The bats are far cheaper than tennis rackets of equal grade, and the balls are virtually indestructible.

*Third.* Eight players in place of four are engaged at once. Thus the element of sociability is far more prominent than in lawn tennis, and more individuals exercise on the same space of ground, the size of the court being approximately the same as that for lawn tennis.

*Fourth.* Lawn tennis is adapted both for men and for women, and yet there are very few women who can play

as well as passable players among the men, partly because it requires strength to handle the ball at the speed at which modern tennis is played. The Minton bat, however, is so light — six to ten ounces — and the ball is so light — one-half ounce — that the element of strength is almost entirely eliminated, so that the game is as available for women as for men, and teams made up partly of men and partly of women are not as lop-sided as such teams are in almost all other games. There is no position, whether forward or back, that cannot be well played by women.

*Fifth.* The game is more interesting to the average spectator than lawn tennis. The ball is in the air where it can be seen all the time. The playing is fast, the rallies long, the ball sometimes being sent over the net twenty times before being driven to the ground.

*Sixth.* The game is easy to learn, and commences to be thoroughly enjoyable after half an hour or so of practice.

It has been decided to call the game Minton instead of Badminton, because the use of a ball in place of a shuttlecock and introducing innings change the character of the game so much, and because Minton indicates both the similarity to and dissimilarity from the parent game, Badminton.

There is a great deal in team play. In receiving all the team should go into that court, then get quickly into their places as soon as the serve is made and returned. If this is strictly adhered to the ground will be well covered and the opponents will be puzzled as to where to place the ball. If a man hits the ball, but fails to send it over, other members of his team may hit it, provided no one man hits it twice, and excepting the service stroke. These are the general outlines of the game. The following rules will call attention to details.

## Rules.

### I.

The court may be outdoors or in, and in any place which affords the necessary space, ground level and clear enough to avoid injury to the players. As the ball must always be volleyed, an absolutely smooth surface is in no wise essential. The court must be eighty feet long, forty feet wide, and have a net at least two feet wide extending from the middle of one side line to the middle of the other, and with upper edge not less than six feet nor more than six and one-half feet from the ground. A line must be drawn parallel to the side lines, and from the middle of one base line to the middle of the other. This forms the diagonal courts. The service lines must then be drawn perpendicular to both side lines, extending the whole distance between them. They shall be twenty feet from the net.

### II.

Any implement may be used, except the hands. A special bat has been put on the market by the Overman Wheel Co., which is suitable to the ball.

### III.

The ball shall be made of worsted, with each strand radiating from the center and presenting the end to contact with racket or ground. It shall weigh three drachms, and shall be six and one-half inches in circumference.

### IV.

The choice of sides and right to serve in the first game may be decided by toss, as in lawn tennis.

### V.

The opposing teams, composed of four players each, shall stand on opposite sides of the net. The team first

delivering the ball shall be called servers, the other receivers.

VI.

Four innings shall constitute a game, and three games shall constitute a match. The team winning two best games out of three wins the match.

VII.

The loss of a stroke by the servers puts their man out, and their next takes his place, etc., until each member of the team has in his turn been put out. This puts the side out, and the servers become receivers, and *vice versa*. This constitutes an inning. At the beginning of the next game the losing team has first service.

VIII.

The server shall make his first delivery from behind the service line, to the right of the middle line, and shall deliver the ball to any point between the base line and net, or side line and middle line of the diagonally opposite court. If he wins his point he must make his next service from the same relative position in his left court to the same relative position in his opponents' court. Each player in his turn of service must keep the same order of delivery, that is, serving first from right court, then from left. The delivery must be made with *underhand* stroke, that is, the racket before touching the ball must be kept below the level of the shoulder. Only one try for a proper delivery may be made.

IX.

It is a fault if the server fails to strike the ball, or if the ball served touches the net, drops out of court, or in the wrong court, or if the server does not stand as directed in rule VII., or if he touches the net with body or racket.

X.

A fault puts the individual server out, and, if he be the last of his team to serve, puts his side out. If the receivers attempt to return such a ball the delivery may be counted legal.

XI.

A service made before the receivers are ready does not count, and must be taken again unless an attempt is made to return it. In such case it is legal.

XII.

The service as well as all returns must be volleyed; that is, taken before the ball touches the ground.

XIII.

A ball is in play on leaving the server's racket, except as provided for in rule VIII.

XIV.

A return is good when made over and clear of the net, and falling within outside lines of the opponents' court.

XV.

A ball falling on a line is regarded as falling in the court bounded by that line.

XVI.

No one player may touch the ball twice, but any or all of the others of his team may strike it in turn and it shall be counted good if it so falls. But no player may pass the net or the line of its extension while the ball is in play.

XVII.

The server wins a point if the receivers fail to return the service or the ball in play, or if they return the service

or the ball in play so that it drops outside of their opponents' court, or if they otherwise lose a stroke.

XVIII.

The receivers score a putout against the server of the opposing team if he serves a fault, or if his team fails to return the ball in play, or if they return the ball in play so that it drops outside of the opponents' court, or if they otherwise lose a stroke.

XIX.

Any player loses a stroke for his side if he touches the ball with his racket more than once, or if he touches the net or any of its supports, or if he attempts to return an illegal service or ball in play, or if he fails to volley the ball in returning it.

XX.

In case the server is interfered with or the ball obstructed by accidental causes, the ball shall be served again; except when the cause of the accident is a permanent fixture of the court, in which case the service shall be considered as lost.

XXI.

On winning their first service the servers count one point, and so on for each successive winning while the service remains with their team. The loss of a service by the servers puts their man out, but does not affect the score of either side.

XXII.

When the receivers again become servers they continue to score from the number reached in their last preceding service.

## VOLLEY BALL.

During the winter of 1895–96, Mr. W. G. Morgan, of Holyoke, Mass., developed a game in his gymnasium which is called Volley Ball. It was presented at the succeeding Physical Directors' Conference, and the general impression seemed to be that it would fill a place not filled by any other game. It is to be played indoors, and by those who wish a game not so rough as basket ball and yet one in which the same degree of activity is demanded. The complete report as given to the conference by Mr. Morgan is as follows:

Volley Ball is a new game which is pre-eminently fitted for the gymnasium or the exercise hall, but which may also be played out-of-doors. Any number of persons may play the game. The play consists of keeping a ball in motion over a high net, from one side to the other, thus partaking of the character of two games — tennis and hand ball.

Play is started by a player on one side serving the ball over the net into the opponents' field or court. The opponents then, without allowing the ball to strike the floor, return it, and it is in this way kept going back and forth until one side fails to return it or it hits the floor. This counts a "score" for one side, or a "server out" for the other, depending upon the side in point. The game consists of nine innings, each side serving a certain number of times, as per rules, in each inning.

### RULES OF VOLLEY BALL.

#### I. Game.

The game consists of nine innings.

## II. Inning.

An inning consists of: when one person is playing on each side, one service on each side; when two are playing on each side, two services on each side; when three or more are playing on each side, three services on each side. The man serving continues to do so until out by failure of his side to return the ball. Each man shall serve in turn.

## III. Court.

The court or floor space shall be twenty-five feet wide, and fifty feet long, to be divided into two square courts, twenty-five by twenty-five feet, by the net. Four feet from the net on either side and parallel with it shall be a line across the court, the Dribbling line. The boundary lines must be plainly marked so as to be visible from all parts of the courts.

*Note.* — The exact size of the court may be changed to suit the convenience of the place.

## IV. Net.

The net shall be at least two feet wide and twenty-seven feet long, and shall be suspended from uprights placed at least one foot outside the side lines. The top line of the net must be six feet six inches from the floor.

## V. Ball.

The ball shall be a rubber bladder covered with leather or canvas. It shall measure not less than twenty-five inches, nor more than twenty-seven inches in circumference, and shall weigh not less than nine ounces nor more than twelve ounces.

## VI. Server and Service.

The server shall stand with one foot on the back line. The ball must be batted with the hand. Two services or trials are allowed him to place the ball in the opponents'

court (as in tennis). The server may serve into the opponents' court at any place. In a service the ball must be batted at least ten feet, no dribbling allowed. A service which would strike the net, but is struck by another of the same side before striking the net, if it goes over into the opponents' court, is good, but if it should go outside, the server has no second trial.

### VII. Scoring.

Each good service unreturned or ball in play unreturned by the side receiving counts one score for the side serving. A side only scores when serving, as a failure to return the ball on their part results in the server being put out.

### VIII. Net Ball.

A play which hits the net, aside from the first service, is called a net ball, and is equivalent to a failure to return, counting for the opposite side. The ball hitting the net on first service shall be called *dead*, and counts as a trial.

### IX. Line Ball.

It is a ball striking the boundary line. It is equivalent to one out of court, and counts as such.

### X. Play and Players.

Any number may play that is convenient to the place. A player should be able to cover about ten by ten feet.

Should any player during play touch the net, it puts the ball out of play and counts against his side. Should any player catch or hold for an instant the ball, it is out of play and counts for the opposite side. Should the ball strike any object other than the floor and bound back into the court, it is still in play.

To dribble the ball is to carry it all the time, keeping it bouncing. When dribbling the ball no player shall

cross the dribbling line, this putting the ball out of play and counting against him.

Any player, except the captain, addressing the umpire or casting any slurring remarks at him or any of the players on the opposite side, may be disqualified, and his side be compelled to play the game without him or a substitute, or forfeit the same.

### Helps in Playing the Game.

Strike the ball with both hands.
Look for uncovered space in opponents' field.
Play together; cover your own space.
Pass from one to another when possible.
Watch the play constantly, especially the opponents'.

## ASSOCIATION ATHLETIC LEAGUE ENTRY BLANK.

*No entry will be received excepting upon this form.*

.....189

Please enter me for the following events, for which I enclose the sum of dollars and cents in full for entrance fee.

### EVENTS.

.....

Each competitor must fill out the following, and in signing the same he certifies that he is an amateur according to the laws of the Association Athletic League. Great care should be used in filling in events, time, etc., as an error will be considered wilful to mislead the handicapper, and such entry will be rejected.

### I CERTIFY THAT MY LAST THREE PERFORMANCES WERE AS FOLLOWS:

| Name of Games. | Date. | Event. | Scratch Man. | Start Rec'd. | Place Won. | Time. | Name of Winner. |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

My best performance for events entered in above are as follows:

.....

*Signature,*

.....

*Address,*

.....

*Branch or Club,*

178

# INDEX.


| | Page. |
|---|---|
| A. A. U., | v |
| A. A. U. Alliance, | 32 |
| A. A. U. Delegates, | 34 |
| About, FACE, | 81 |
| All-Round Champions, | 30 |
| All-Round Indoor Test, | 70 |
| Admission to Membership, | 21 |
| Alliance with A. A. U., | 32 |
| Amateur: Definition, | 23 |
| Amateur Sport, | 18 |
| Amendments to By-Laws, | 31 |
| Amendments to Constitution, | 17 |
| Annual Dues, | 21 |
| Apparatus Work, | 139 |
| Apparatus Work in Indoor Test, | 73 |
| Assemble, MARCH, | 82 |
| Athletic Records, | 26, 28 |
| Athletic Rules, | 35 |
| Athletic Team Championships, | 30 |
| Attention, | 81 |
| Backward, MARCH, | 98 |
| Ball for Basket Ball, | 157 |
| Basket Ball Rules, | 157 |
| Blank for Entries, | 178 |
| Bouncing Board Exercises, | 139 |
| Break Ranks, MARCH, | 81 |
| Broad Jump, Running, | 43 |
| Broad Jump, Standing, | 45 |
| Broad Jumps, Two Standing, | 45 |
| By the Left (or Right) Flank, MARCH, | 92 |
| Calisthenics in Indoor Test, | 73 |
| Captains for Basket Ball, | 158 |
| Central Section, | 19 |
| Central Section Committee, | 10 |
| Chairmen of Committees, | 21 |
| Champions, All-Round, | 30 |
| Championship Emblems, | 25 |
| Change Step, MARCH, | 98 |

| | Page. |
|---|---|
| Clean Sport, | 18 |
| Clerk of the Course, | 38 |
| Clerk of the Course in Indoor Test, | 72 |
| Clerk of the Course in Pentathlon, | 50 |
| Climbing Rope, | 49 |
| Close Order, MARCH, | 90, 91 |
| Column Half Left (or Right), MARCH, | 101 |
| Column Left About, MARCH, | 94 |
| Column Left (or Right), MARCH, | 84, 86, 89 |
| Column Left (or Right) About, MARCH, | 85, 87 |
| Column Right (or Left), MARCH, | 95 |
| Committee, Central Section, | 10 |
| Committee, Eastern Section, | 10 |
| Committee, Governing, | 9 |
| Committee, Northeastern Section, | 9 |
| Committee, Northern Section, | 9 |
| Committee on Games, | 35 |
| Committee, Southwestern Section, | 11 |
| Committees, Composition of, | 21 |
| Committees, Discharge of, | 21 |
| Committees, Duration of, | 21 |
| Committees, Finances of, | 21 |
| Committees of League, | 20 |
| Committees' Reports, | 20 |
| Company, HALT, | 85, 94 |
| Competition, Conditions of, | 22 |
| Competition, Order of, | 42 |
| Competitors, | 39 |
| Composition of Committees, | 21 |
| Conditions of Competition, | 22 |
| Constitution, | 16 |
| Count Off Double Ones and Twos, | 90 |
| Count Off Triple Ones and Twos, | 91 |
| Counting Off, | 82 |
| Course in Races, | 40 |
| Daily Marching Programs, | 80 |
| Diplomas in Indoor Test, | 74 |
| Discourteous Conduct, | 22 |
| District Committees, | 20 |
| Districts of League, | 20 |
| Dive, Running Long, | 46 |
| Double Kick, | 49 |
| Double Kick, Scoring for, | 66, 67 |
| Double Ones and Twos, | 90 |
| Double Time, | 99 |

Page.
Dumb-Bell Drill, . . . . . 115
Duties of Officers in Pentathlon, . . . . . 50
Eastern Section, . . . . . 19
Eastern Section Committee, . . . . . 10
880-Yard Run, Scoring for, . . . . . 60, 61
18-Foot Rope Climb, Scoring for, . . . . . 66, 67
Elementary Grade, . . . . . 76
Elementary Grade Exercises, . . . . . 77
Elementary Horse Work, . . . . . 141
Elementary Work on the High Horizontal Bar, . . . 155
Elementary Work on the Low Horizontal Bar, . . . 156
Elementary Work on the Parallel Bars, . . . . 154
Entry Blank, . . . . . 178
Exercises for Bouncing Board, . . . . . 139
Exercises for Elementary Grade in the Indoor Test, . . 76
Expulsions, . . . . . 22
Fall in Column, . . . . . 80
Fall in Line, . . . . . 81
Fancy Marching, . . . . . 104
Fees, . . . . . 21
Field Drill in Marching, . . . . . 99
Field Judges, . . . . . 37
50-Yard Run, Scoring for, . . . . . 58, 59
Finish in Races, . . . . . 41
Finishing in Pentathlon, . . . . . 52
5-Mile Run, Scoring for, . . . . . 60, 61
Form Fours, Left (or Right) Oblique, MARCH, . . 87, 96
Form Twos, Right (or Left) Oblique, MARCH, . . . 85
Forming Threes, . . . . . 91
440-Yard Run, Scoring for, . . . . . 60, 61
Forward, Close Order, MARCH, . . . . . 94
Forward, Column Left (or Right), MARCH, . . . 90
Forward, Double Time, MARCH, . . . . . 99
Forward, Guide Right (or left), MARCH, . . . . 97
Forward, MARCH, . . . . . 84
Fouls for which Players may be Disqualified in Basket Ball, . 167
Fouls in Basket Ball, . . . . . 167
Fours by the Left (or Right) Flank, Take Intervals, MARCH, 93
Fours Left (or Right) About, MARCH, . . . . . 67
Fours Right, Column Right (or left), MARCH, . . . 103
Fours Right, MARCH, Guide-right (or left), . . . 97
Fours Right (or Left), MARCH, . . . . . 89, 97
Front, . . . . . 82
Front Take Distance, MARCH, . . . . . 82, 95
Games Committee, . . . . . 35

| | Page. |
|---|---|
| Goals for Basket Ball, | 157 |
| Governing Committee, | 9 |
| Government of League, | 17 |
| Grades in Indoor Test, | 70 |
| Gymnastic Records, | 28 |
| Hammer in Pantathlon, | 54 |
| Hammer, Throwing, with Turn, | 47 |
| Hammer, Throwing, without Turn, | 48 |
| High Dive, Running, | 45 |
| High Horizontal Bar Work, | 155 |
| High Jump in Indoor Test, Scoring for, | 75 |
| High Jump in Pentathlon, | 54 |
| High Jump, Running, | 43 |
| High Jump, Scoring for, | 56, 57 |
| High Jump, Standing, | 43 |
| High Jumping in Indoor Test, | 74 |
| High Kick, | 49 |
| Historical Sketch, | v |
| Hitch and Kick, | 49 |
| Hitch and Kick, Scoring for, | 66, 67 |
| Home Dumb-bell Drill, | 115 |
| Hop, Step, and Jump, Running, | 45 |
| Hop, Step, and Jump, Standing, | 45 |
| Horizontal Bar Work, | 155, 156 |
| Horse Work, | 141 |
| 100-Yard Run, Scoring for, | 56, 57 |
| Hurdles, | 41 |
| Incline to the Left (or Right), MARCH, | 101 |
| Individual Championships, | 29 |
| Individual Prize, | 25 |
| Indoor Test, | 70 |
| Inspectors, | 36 |
| Judge of Hammer Throwing in Pentathlon, | 51 |
| Judge of Pole Vaulting in Pentathlon, | 51 |
| Judge of Run in Pentathlon, | 51 |
| Judge of Running High Jump in Pentathlon, | 51 |
| Judges at Finish, | 37 |
| Judges in Pentathlon, | 51 |
| Judges of Apparatus Work in Indoor Test, | 71 |
| Jumping, | 43 |
| Jumps, | 26, 27 |
| Kicking, | 49 |
| Left About, FACE, | 81 |
| Left (or Right) by File, MARCH, | 85 |
| Left (or Right), FACE, | 81 |

Page.
Left (or Right) Step, MARCH, . . . . . 98
Long Dive, Running, . . . . . 46
Low Horizontal Bar Work, . . . . . 156
Marching for Gymnasium Use, . . . . . 79
Marching in Indoor Test, . . . . . 72
Marching Programs, . . . . . 80
Mark time, MARCH, . . . . . 85
Marshal, . . . . . 39
Marshal in Indoor Test, . . . . . 72
Measurers in Indoor Test, . . . . . 71
Membership, Admission to, . . . . . 21
Membership Fee, . . . . . 21
Members of Committees, . . . . . 21
Membership in League, . . . . . 16
Mile Run, Scoring for, . . . . . 56, 57
Minton, . . . . . 168
Minutes of Committees, . . . . . 20
Money Prize, . . . . . 25
Northeastern Section, . . . . . 19
Northeastern Section Committee, . . . . . 9
Northern Section, . . . . . 19
Northern Section Committee, . . . . . 9
Notes to Home Dumb-Bell Drill, . . . . . 115
Objects of League, . . . . . 16
Oblique Marching, . . . . . 87
Officers in Indoor Test, . . . . . 70
Officers in Pentathlon, . . . . . 50
Official Announcer, . . . . . 39
Officials in Basket Ball, . . . . . 158
Officials in Games, . . . . . 35
On Tiptoe, MARCH, . . . . . 98
100-Yard Run, Scoring for, . . . . . 56, 57
150-Yard Run, Scoring for, . . . . . 58, 59
120-Yard Hurdle, Scoring for, . . . . . 62, 63
1-Mile Run, Scoring for, . . . . . 56, 57
Open Order, MARCH, . . . . . 90, 91
Pacific Section, . . . . . 19
Parallel Bar Work, . . . . . 154
Pentathlon Rules, . . . . . 50
Points in Basket Ball, . . . . . 161
Pole Vault, . . . . . 44
Pole Vault Distance, Scoring for, . . . . . 64, 65
Pole Vault in Indoor Test, Scoring for, . . . . . 75
Pole Vault, Scoring for, . . . . . 56, 57
Pole Vaulting in Indoor Test, . . . . . 74

Page.

Pole Vaulting in Pentathlon, 54
Potato Race in Indoor Test, 73
Potato Race in Indoor Test, Scoring for, 75
Prizes, 25
Protests, 30
Putting the Shot, 46
Qualification, 28
Quick Time, 99
Rank in Pentathlon, 55
Records, 28
Records, Athletic, 26, 28
Records, Gymnastic, 28
Records in Indoor Test, 72
Records in Pentathlon, 53
Referee, Duties of Athletic, 36
Referee in Basket Ball, 159
Referee in Indoor Test, 71
Referee in Pentathlon, 50
Reports of Committees, 20
Right Forward, Fours Right, MARCH, 95
Right Hand, SALUTE, 82
Right (or Left) by File, MARCH, 89
Right (or Left) by Twos, MARCH, 87
Right (or Left) Side Skip, MARCH, 99
Rope Climbing, 49
Rules, Athletic, 35
Running Broad Jump, 43
Running Broad Jump, Scoring for, 62, 63
Running High Dive, 45
Running High Dive from Springboard, 46
Running High Dive, Scoring for, 66, 67
Running High Jump, 43
Running High Jump from Springboard, 46
Running High Jump, Scoring for, 56, 57
Running High Kick, Scoring for, 66, 67
Running Hop, Step, and Jump, 45
Running Hop, Step, and Jump, Scoring for, 64, 65
Running Long Dive, 46
Runs, 26, 28
Rules for Indoor Test, 70
Rules for Minton, 170
Rules for Pentathlon, 50
Rules for Volley Ball, 175
Sanctions, 25
Scorer, 39

Page.
Scorer in Basket Ball, 161
Scorer in Indoor Test, 72
Scorer in Pentathlon, 53
Scoring for Double Kick, 66, 67
Scoring for 880-Yard Run, 60, 61
Scoring for 18-Foot Rope Climb, 66, 67
Scoring for 50-Yard Run, 58, 59
Scoring for 5-Mile Run, 60, 61
Scoring for 440-Yard Run, 60, 61
Scoring for High Jump in Indoor Test, 75
Scoring for Hitch and Kick, 66, 67
Scoring for 100-Yard Run, 56, 57
Scoring for 150-Yard Run, 58, 59
Scoring for 120-Yard Hurdle, 62, 63
Scoring for 1-Mile Run, 56, 57
Scoring for Pentathlon, 55
Scoring for Pole Vault, 56, 57
Scoring for Pole Vault Distance, 64, 65
Scoring for Pole Vault in Indoor Test, 75
Scoring for Potato Race in Indoor Test, 75
Scoring for Running Broad Jump, 62, 63
Scoring for Running High Dive, 66, 67
Scoring for Running High Jump, 56, 57
Scoring for Running High Kick, 66, 67
Scoring for Running Hop, Step, and Jump, 64, 65
Scoring for 75-Yard Run, 58, 59
Scoring for 16-Pound Hammer with Turn, 68, 69
Scoring for 16-Pound Shot, 68, 69
Scoring for Standing Broad Jump, 62, 63
Scoring for Standing High Jump, 62, 63
Scoring for Standing Hop, Step, and Jump, 64, 65
Scoring for 300-Yard Run, 60, 61
Scoring for Three Standing Broad Jumps, 64, 65
Scoring for Three Standing Broad Jumps in Indoor Test, 75
Scoring for 12-Pound Hammer, 56, 57
Scoring for 12-Pound Hammer with Turn, 68, 69
Scoring for 12-Pound Shot, 68, 69
Scoring for 200-Yard Run, 58, 59
Scoring for 220-Yard Hurdle, 62, 63
Scoring for 220-Yard Run, 58, 59
Scoring for 2-Mile Run, 60, 61
Scoring for Two Standing Broad Jumps, 64, 65
Secretaries of Committees, 21
Section Committees, 20
Sections of League, 19

| | Page. |
|---|---|
| 75-Yard Run, Scoring for, | 58-59 |
| Short Step, MARCH, | 98 |
| Shot Putting, | 46 |
| 16-Pound Hammer with Turn, Scoring for, | 68, 69 |
| 16-Pound Shot, Scoring for, | 68, 69 |
| Southern Section, | 19 |
| Southwestern Section, | 19 |
| Southwestern Section Committee, | 11 |
| Specialization, Method of, | v |
| Specialization, Object of, | v |
| Spirit of the League, | 18 |
| Standing Broad Jump, | 45 |
| Standing Broad Jump, Scoring for, | 62, 63 |
| Standing High Jump, | 43 |
| Standing High Jump, Scoring for, | 62, 63 |
| Standing Hop, Step, and Jump, | 45 |
| Standing Hop, Step, and Jump, Scoring for, | 64, 65 |
| Starter, | 38 |
| Starter in Indoor Test, | 71 |
| Starter in Pentathlon, | 51 |
| Starting in Pentathlon, | 52 |
| Starting, Rules for, | 38 |
| State Committees, | 20 |
| State Divisions of League, | 20 |
| Sunday Competitions, | 22 |
| Suspensions, | 22 |
| Swimming, | 27, 48 |
| Team Championship Emblems, | 25 |
| Team Championships, | 30 |
| Teams for Basket Ball, | 158 |
| 300-Yard Run, Scoring for, | 60, 61 |
| Three Standing Broad Jumps, | 45 |
| Three Standing Broad Jumps in Indoor Test, | 73 |
| Three Standing Broad Jumps, Scoring for, | 64, 65 |
| Three Standing Broad Jumps in Indoor Test, Scoring for, | 75 |
| Throwing Hammer in Pentathlon, | 54 |
| Throwing Hammer without Turn, | 48 |
| Throwing Hammer with Turn, | 47 |
| Ties, | 42 |
| Timekeeper for Basket Ball, | 161 |
| Timekeepers, | 37 |
| Timers in Indoor Test, | 71 |
| Timers in Pentathlon, | 53 |
| Timing, | 37 |
| To the Left (or Right) Assemble, MARCH, | 96 |

Page.
To the Rear, MARCH, . . . . . 98
To the Right (or Left) Take Intervals, MARCH, . . . 96
Track Measurement, . . . . . 40
Triple Ones and Twos, . . . . . 91
12-Pound Hammer, Scoring for, . . . . . 56, 57
12-Pound Hammer with Turn, Scoring for, . . . 68, 69
12-Shot, Scoring for, . . . . . 68, 69
220-Yard Hurdle, Scoring for, . . . . . 62, 63
200-Yard Run, Scoring for, . . . . . 58, 59
220-Yard Run, Scoring for, . . . . . 58, 59
2-Mile Run, Scoring for, . . . . . 60, 61
Two Standing Broad Jumps, . . . . . 45
Two Standing Broad Jumps, Scoring for, . . . 64, 65
Twos Right (or Left), MARCH, . . . . . 86
Umpires for Basket Ball, . . . . . 160
Ungentlemanly Conduct, . . . . . 22
Vaulting, . . . . . 49
Volley Ball, . . . . . 174
Weights, . . . . . 27
Western Section, . . . . . 19
Withdrawal from the League, . . . . . 21
Work for Apparatus, . . . . . 139

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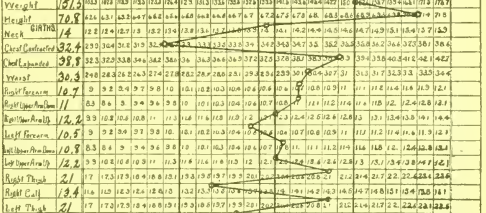


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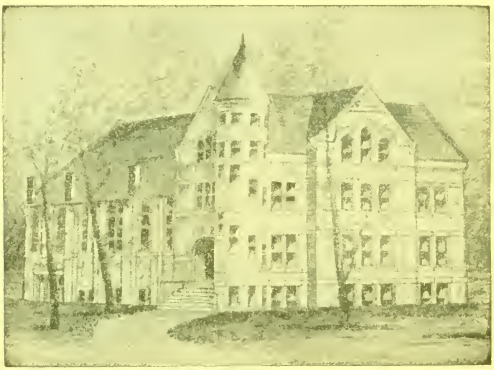

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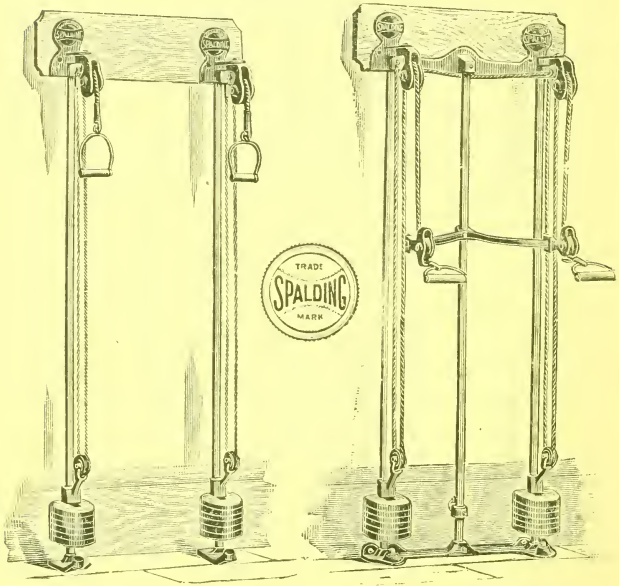


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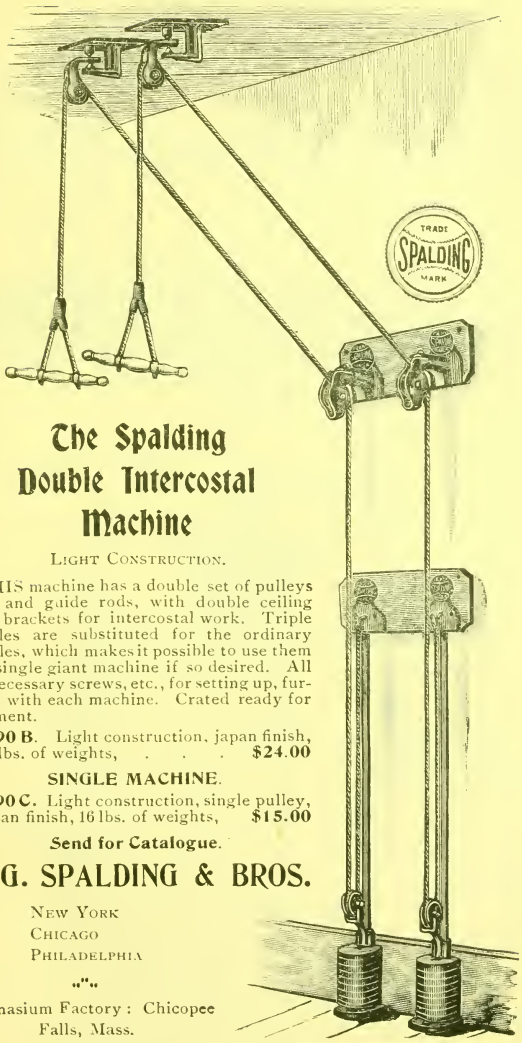


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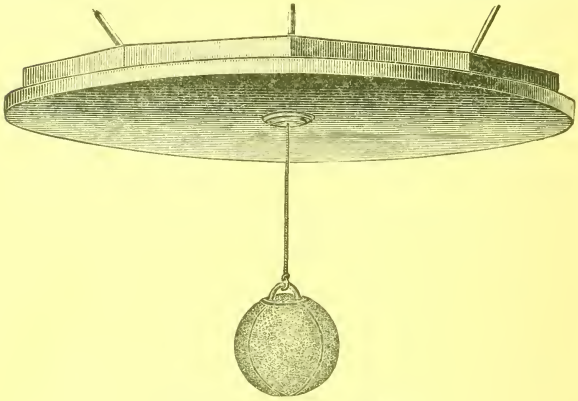

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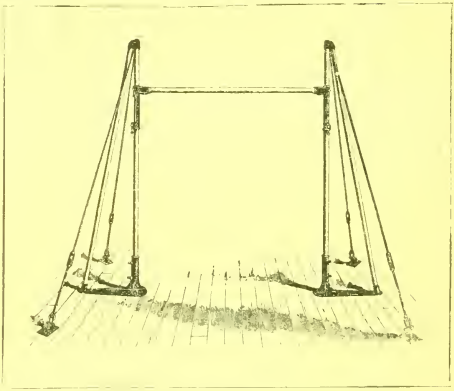

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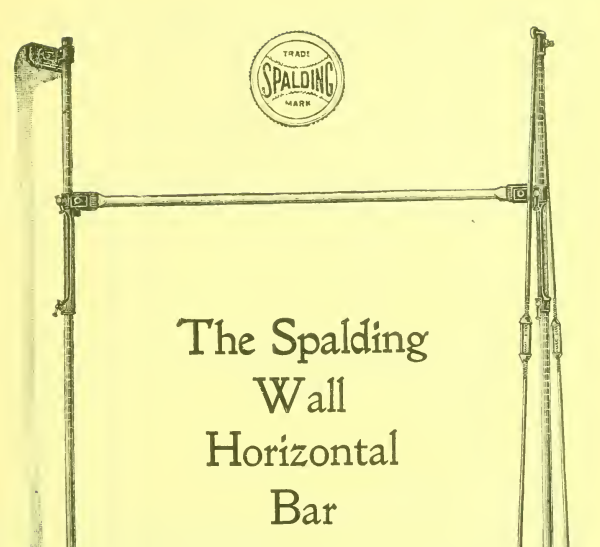


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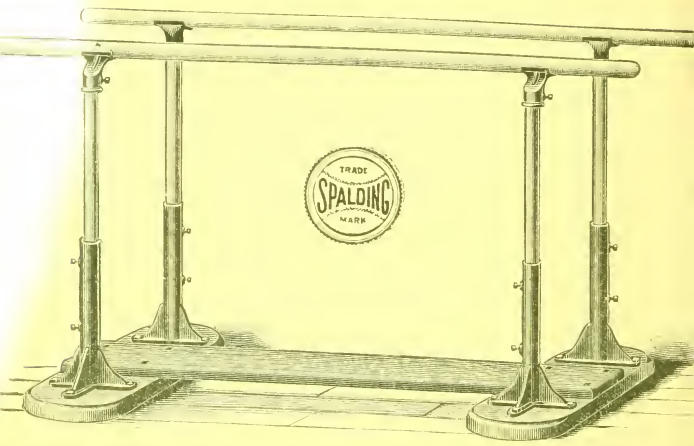


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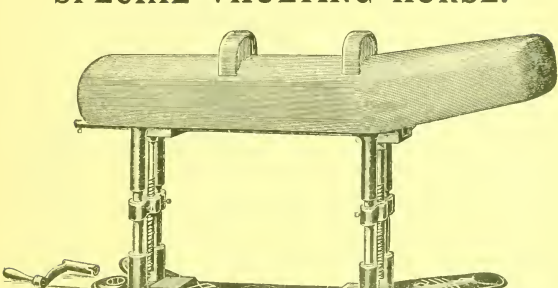

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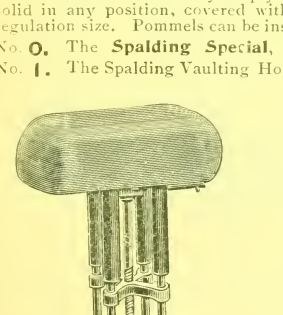

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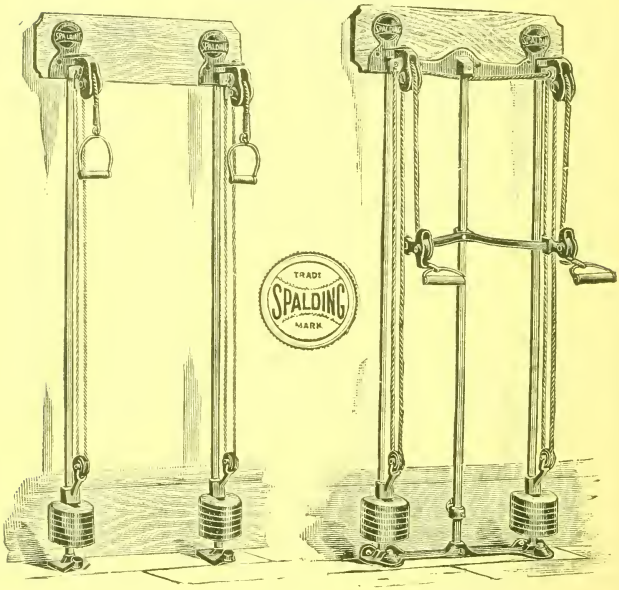


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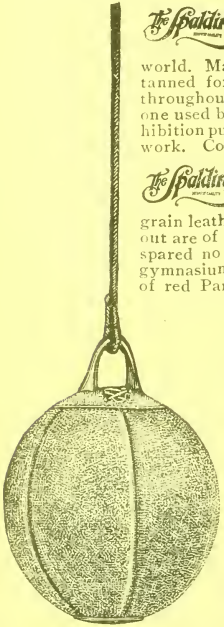

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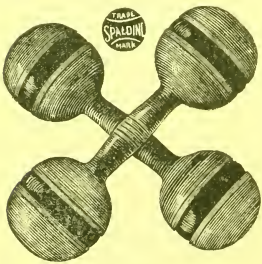


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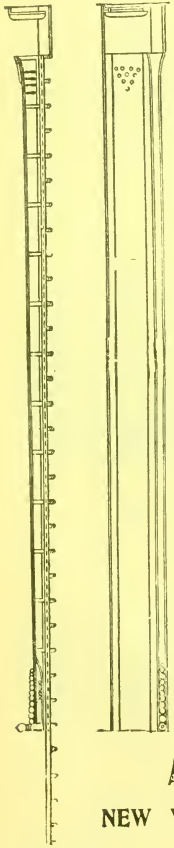

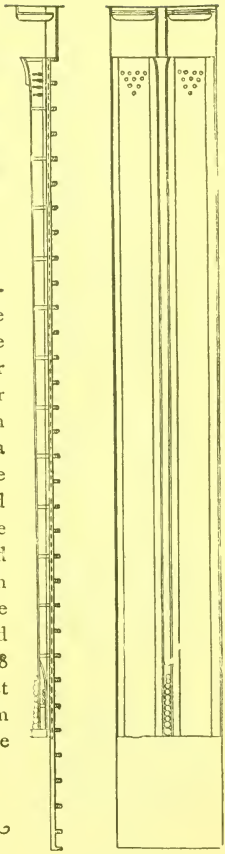

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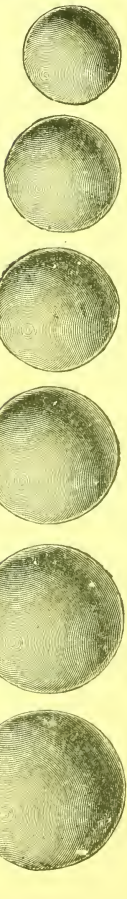

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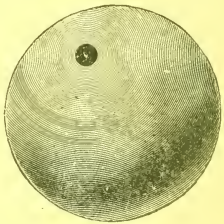
| 4 inch, . . | $0.75 | 6½ inch, . . | $2.00 |
| 4½ " . . . | 1.00 | 7 " . . . | 2.50 |
| 5 " . . . | 1.25 | 7½ " . . . | 2.75 |
| 5½ " . . . | 1.50 | 8 " . . . | 3.00 |
| 6 " . . . | 1.80 | 8½ " . . . | 3.50 |

**Regulation Ball.**

Adopted by the American Bowling League.
Circum., 27 in.; weight 18 lbs.

Price, **$4.00**



## SPECIAL BALLS.

Balls bored for the admission of more than one finger and thumb. Each hole, extra, . . . . . 25c.
Slots for three or more fingers, Each, 50c.
Initials on balls, extra, . . . . 25c.

On all orders for balls state whether same are desired with or without finger holes. We carry in stock a sample ball bored with holes in order to get exact measurements of grip.

Estimates furnished for complete alleys.

Our complete Illustrated Catalogue of all Athletic Goods and Uniforms mailed free to any address.

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# TEN PIN GOODS.

## ACCESSORIES

—FOR—

## BOWLING ALLEYS.

| | | |
|---|---|---|
| Sponges, | Per piece, 75c. to | $2.00 |
| Swing Cushions, | Each, | 10.00 |
| Rubber for Newels, | Each, 75c. to | 1.00 |
| Mahogany Newel, | Each, | 12.00 |
| Black Walnut Newel, | " | 6.00 |
| Blackboards, space for 16 conteseants, | " | 5.00 |
| Blackboards, large, space for 24 contestants, | " | 7.00 |
| Crayons, | Per gross, | .20 |
| Chamois Blackboard Rubbers, | Each, | .25 |
| Mahogany Framed Slates for top of Newel, | " | 8.00 |
| Extra Large Slates, no frame, | " | 8.00 |
| Brass Sponge Cups, nickel plated, | " | 4.50 |
| Extra Tin Sponge Cups, | " | 1.50 |
| Sponge Cups for top of Newel, brass lined, | " | 4.50 |
| Spots, | Per set, | 1.50 |
| Irons for Run, plain, | | 15.00 |
| Irons for Run, nickel plated, | | 25.00 |
| Foot Chalk, | Per box, | 1.00 |

ESTIMATES FOR BUILDING ALLEYS FURNISHED.

### SHUFFLEBOARD WEIGHTS.

Our weights are of the regulation size and weight, and finely finished. A set comprises eight pieces—four marked "A" and four marked "B," or any other letters desired.

Per set, **$2.50**

Our complete Illustrated Catalogue of Athletic Goods and Uniforms for all sports mailed free to any address.

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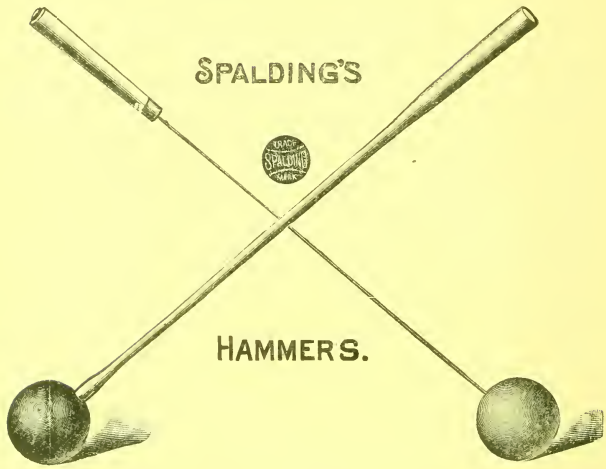
# SPALDING'S ATHLETIC GOODS.




## WIRE HANDLES.

This hammer, with our improved wire handle, is practically indestructible, and its use avoids the vexatious delays occasioned by broken handles. They are almost exclusively used in all A. A. U. contests and endorsed by all the expert throwers.

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|---|---|---|---|
| No. **9.** | Wire Handle, 12-lb. Lead, . . | Each, | **$5.00** |
| No. **10.** | Wire Handle, 16-lb. Lead, . . | " | **5.50** |
| No. **14.** | Wire Handle, 12-lb. Iron, . . | " | **3.50** |
| No. **15.** | Wire Handle, 16-lb. Iron, . . | " | **4.00** |
| Extra Wire Handles, . . . . . | | " | **1.50** |

## REGULATION HAMMERS WITH WOOD HANDLE.

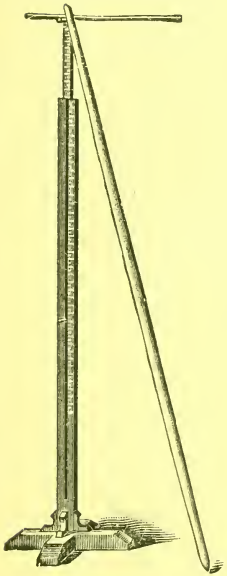
| | | | |
|---|---|---|---|
| No. **11.** | Wood Handle, 16-lb. Lead, . . | Each, | **$4.50** |
| No. **16.** | Wood Handle, 12-lb. Lead, . . | " | **4.00** |
| No. **12.** | Wood Handle, 16-lb. Iron, . . | " | **2.25** |
| No. **13.** | Wood Handle, 12-lb. Iron, . . | " | **1.75** |
| Extra Wood Handles, . . . . . | | " | **1.00** |

Complete Catalogue Free.

A. G. SPALDING & BROS.,

New York. Chicago. Philadelphia.

# ATHLETIC GOODS.



## Spalding's Vaulting Poles.

**Selected Spruce.**

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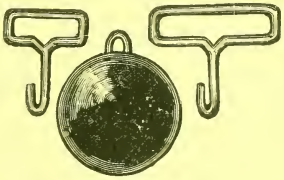
| No. **100.** | 8 feet long, | **$3.00** |
| No. **101.** | 10 feet long, | **4.00** |
| No. **102.** | 12 feet long, | **5.00** |
| No. **103.** | 14 feet long, | **6.00** |

## Spalding's Regulation 56-lb. Weights.

**With the Famous Mitchell Handle.**



The handles furnished with our 56-lb. weights are the same as used and designed by Mr. J. S Mitchell, the Champion Weight Thrower of America, who has given us exclusive right to use his name in connection with the above handles. Each weight is put in box, complete, with two sets of handles, for one or two hands.

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|---|---|---|
| No. **1.** | Iron 56-lb. weights, complete, | **$8.00** |
| No. **2.** | Lead 56-lb. weights, complete, | **10.00** |

Complete Catalogue Free.

***A. G. Spalding & Bros.,***

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The Spalding
HIGHEST QUALITY

# Athletic Sweaters.

Our "Highest Quality" Sweaters are of the very finest Australian lambs' wool and are exceedingly soft and pleasant to wear. They are full fashioned to body and arms, and without seams of any kind. We call special attention to the "Intercollegiate" grade, which were originally made by special order for the Yale football eleven and are now exclusively used by all intercollegiate players. They are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight. Colors: White, Navy Blue, Black, and Maroon.

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NEW YORK. CHICAGO. PHILADELPHIA.

The Spalding
HIGHEST QUALITY

# "OFFICIAL" BASKET BALL

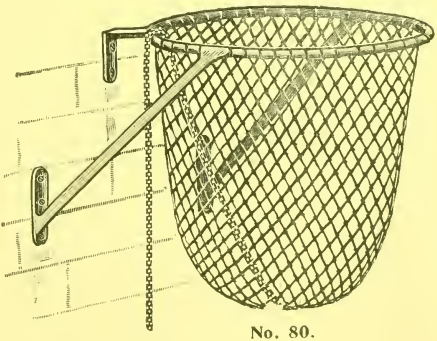
Has been **officially adopted by the A. L. N. A.**, and must be used in all match games. The cover is made in eight sections, with capless ends and of the finest and most carefully selected pebble grain leather. The bladder is made specially for this ball of extra heavy and purest Para rubber. Each ball packed, complete, in sealed box, and guaranteed perfect in every detail.

No. **M.** Spalding's "Official" Basket Ball, Each, **$6.00.**

## SPALDING'S "OFFICIAL" BASKET BALL GOAL.

No. **80.**

Per pair, . **$4.00**



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